

#223

## *How to combat stress*

### **Food for Thought**

Wednesday 5/29/13

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**Do you know stress**  
**Is YOUR Choice**

Matthew 11:28\* **Come unto me, all ye that labour and are heavy laden, and I will give you rest.**

1Peter 5:7\* **Casting all your care upon him; for he careth for you.**

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**This does not mean you are exempt from stress, but rather you have a way to defuse it. In my personal life, the scripture in Philippians: 4:7 **And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.****

Has been a weapon I use against the trials of life. I have quoted and believe this to be true and have enjoyed the peace of God ever since he brought it to my understanding in 1989. When things occur that could jeopardize that peace, I immediately give it to the Lord (1Peter 5:7) and continue in his peace. Jesus used the word of God against Satan, do we think we are better than Jesus. If he needed to quote the word against the devil, how much more do we need to quote the word against the on-slots of satan. We are and have the **POWER** of God within us, we have the same power that raised Christ from the dead living inside us.

As we understand that a lot of afflictions, we allow the devil to use against us is because of our habits and thinking.

**Proverbs 23:7 For as he thinketh in his heart, so is he:**

In other words: "I'm coming down with a cold", or I dislike so-n-so, or whatever. Instead of rebuking the symptom and giving the symptom or problem to Jesus and leaving it there. **THEN** as said in

**1Thessalonians 5:18\* In every thing give thanks: for this is the will of God in Christ Jesus concerning you.**

This means that we thank God for being able to give him these afflictions and continually give him thanks for his intervention and healing or deliverance, whatever the case may be. Even if you haven't seen the results in the natural yet, They have already happened in the spirit.

Romans 8:25\* But if we hope for that we see not, then do we with patience wait for it.

We don't thank God for the affliction, but rather the provision he has made to overcome the affliction.

Isaiah 54:17 No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD

This also applies to those that are washed in the blood of the lamb as well.

Many times we have trials or tribulation sponsored by satan all because God has been trying to get our attention of a habit or lifestyle that is not according to his word. Like I said before, frustration is not of God. That don't mean you'll never be frustrated, but if you refuse it and give it to Jesus, the things that frustrated you will no longer bother you. **BUT** if one dwells or ponders upon them, they will bring you down spiritually and allow Satan to afflict you either physically or emotionally.

A personal testimony of being annoyed which is a form or will build into frustration.

I watched a couple on TV years ago and when the wife talked she had a high pitched winy voice. I wasn't pleased with it but overlooked it, but a friend said they couldn't stand her. When she talked it went through them -- augh - grrr. They said they had nothing against her personally, but to watch and listen to her was "Yuk" - "augh" - "grrr."

Now I listened to what my friend said and quit watching them because they embellished on my first reaction to her voice. I missed what the husband was saying because it was the word of God and I agreed with it. The Lord taught me many things through his ministry. Anyway the long of it, is I prayed and told the Lord Why and what was bothering me and gave him the annoyance. I watched them again and I would like to say,

**WHALLA** everything was good. But she was still annoying so I just started to thank God for the provision of love, and it wasn't

long before her voice didn't bother me anymore. Her voice didn't change, but the Lord gave me understanding and love for her and I enjoy her just as much as I do him. I tried to share this truth with my friend and it fell on deaf ears.

You see, you cannot say you love someone but cannot stand something about them. This is being a double minded person  
**James 4:8\*** Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.

This does not mean you are to love everything about them, you do not love the sin they do but the sinner.

hate *verb*:

feel intense or passionate dislike for (someone or something) :

loathe, detest, despise, dislike, abhor,

*noun*: disgust, contempt, peeve, pet peeve, bugbear, bane, thorn in one's flesh:

**1John 4:20\*** If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?

This is what is meant by May 29th's FFT.  
Bro. Ken