

# **CURE FOR STRESS**

Dr. LAWRENCE Emwosa OSIFO

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DIVINE THERAPY AND SOLUTION FOR STRESS

By Dr. Lawrence Emwosa Osifo

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# CURE FOR STRESS

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## Introduction

*Just a little knowledge of the therapy or solution for stress or trauma; can save man millions of money been spent on kidney failures, psycho cases, cardiac arrest, and other stresses caused ailments.*

Stress means trauma; which a state of constant worry or nervous tension. Stress is a kind of *psycho* spiritual disease which is capable of killing the afflicted or affected being without warning.

Many people; the wealthy; the poor; the leaders; the commoners; Christians and unbelievers; doctors; engineers; etc.; all have stress issues. Stress has cures; this book can help to provide the solutions for trauma or tension.

*Man is not so much equipped with the ability to withstand stresses in his physical nature. But in his spiritual state he could. Man is both physical and spiritual in nature and by creation.*

*This book is so prepared to put man in such frame of mind or nature; to be able to withstand, fight and eliminate stresses from his life and affairs.*

*Some of the problems and effects of life; such as; premature breakages in marriages; some fatal*

*accidents; murderous actions; suicides; robbery activities; and some mysterious deaths are all issues of stress. These and other effects of stresses have solutions.*

*For example; occasionally; a person could be stressed up by the nagging partner. Instead of “throwing in the towel” and putting asunder what God has joined together; the Word of God recommends Psalms 37 verse 8; which says; “Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil”. This counsel brings solution when you really forsake anger and wrath.*

Somehow, sometimes, somewhere, someone or some people get stressed up with the issues and activities of life. At such times, someone that is so apprehensive could become irrational and subjected to the control of the prevailing circumstances or situation.

*“Stress” can be very harmful if not wisely and properly managed or mastered when the “Tension” begins.*

*Stress kills partially; by physical confusion; psychological depression or by being spiritually tormented. Stress can kill the anxious person; completely by accident; suicide and by cardiac arrest.*

“*Stress*” is more of a spiritual problem than man is able to imagine; because the major part of the painful effect of *Stress* is invisible, as it usually affects the heart or the thinking faculty of man.

That is the reason you must *Keep your heart with all watchfulness; for from it flow the vitality of life.*

More than 50% of the patients that attend the hospitals have stress related or stress induced cases. *Stress* can result to madness, headache, ulcer, cancer, high blood pressure, fever, accidents, deaths, etc.

These are all killer diseases or sicknesses which are responsible for greater than 50% death of men and women in the whole wild world.

We can reduce the mortality rate on earth when we are able to understand how *Stress* attacks man internally. Over 50% of medical cases can be solved by this book on Spiritual or Psychological *Stress* Therapy.

**DIVINE** or **SPIRITUAL Therapy for Stress** is the cheapest, most effective and most trusted remedy for “Tensions”

**LIVING WITHOUT STRESS** Is the best lifestyle originally ordained for man by the “Creator”. Genesis 1: verses 27 to 28; says; *God created man in his own image, in the image of God created he*

*him; male and female created he them. ..And God blessed them, and God said unto them, be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea and over the fowl of the air, and over every living thing that move upon the earth.*

**Ministering without stress;** is the sure method for saving people and a perfect way of showing genuine love to mankind and presenting the “kingdom of God” to the creatures; as well as guaranteeing our testimonies of living well.

Governing without stress; is the sure system of leading any people; and providing healthy; peaceful; prosperous dwelling community.

## CHAPTER ONE

### WHAT IS STRESS?

Stress can be defined as: pressure, strain, anxiety, depression, constant worry, nervous tension, trauma, hassle, and heart-trouble or hyper-tensions.

**1. Stress;** being defined as **Pressure** means: force, weight, heaviness, anxiety, demands and difficulty.

*When there is a pressure in one's mind to do anything strange and complex; there is a demand on the brain; causing heaviness or a kind of weight which makes it difficult for the person to think straight. When someone is being robbed; he or she is placed under pressure or in a state of anxiety by the thief as the possessions are being taken away by force. Such a traumatic event is called stress.*

**2. Strain;** means to injure, hurt, pull, sprain, twist and create tension. Stress does results from hurt.

*The memory that the thief usually lives behind is an injury or a hurt in the mind which can be described as psychological sprain and mental tension.*

**3. Anxiety** is nervousness, - sorrow, worry, fear, concern, unease, disquiet, fretfulness, apprehension, torment or angst. Fear generates stress.

4. Constant worry is trauma – alarm, agony – *When in disappointments there are bound to be constant worries both night and day.*

5. Nervous tension is mental strain; or painful tormenting thinking. This can lead to confusion of the mind and mental breakdown or depression.

6. Tension is apprehension or dread.

7. Trauma is shock, pain, upset, disturbance, distress, ordeal, and suffering, - *When under attack the heart experiences shocks and pains.*

8. Hassle, harass, irritate, annoy, bother, pester, get on your nerves, aggravate, etcetera; *are all disturbances or stresses.*

9. Depression means despair, sadness, misery, hopelessness, melancholy and dejection; *when trouble comes.* When in confusion; despair and hopelessness will set in.

*Stress* can be described as the **thief** who comes to steal; to murder and to devastate lives.

When a thief comes he typically put people under pressures. Stress comes usually to torture, to kill or to break hearts and destroy lives.

Life without stress is a balanced lifestyle. This balance is created or made possible by *the knowledge of what stress is; and how to manage*

*anxiety or live without stress.* Those who reject knowledge are usually destroyed without knowledge.

A balanced lifestyle is a life with the knowledge of the truth or *what God has said concerning every situations and circumstances of life.* The truth is what sets the mind free from the prison of *stress* and all that *stress* attracts to the body, soul and spirit.

The truth can be personalized as the “The Word of God” who comes to give man life abundantly or life without stress. *You can live without stress if you know the stress therapy or solution for stress.*

The bible says in *John 8 verse 32; that; you will know the truth and the truth will make you free.* The heart that knows the *truth* has a clear conscience. *How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! - Psalms 1: verse 1.*

A clear conscience fears no accusations. A heart without the truth; is filthy and attractive to all forms of evil meditations. *Evil thoughts are the fiery darts that torment the conscience.* These piercing of the heart or the torments of the conscience are the *stresses* that we experience day by day.

Therefore, just as the clear conscience fears no accusations; so the pure heart is freed from all forms of *stresses*.

Fear is a major cause of anxiety. Fear and uncertainty of the next event are what usually cause the heart of man to be anxious.

## CHAPTER TWO

### INSTANCES OF STRESS

During planning and execution of projects; as decisions are being made; there are *stresses*; *especially if the expectation is great or high and the outcome is extremely uncertain*. At such crucial times of human desires; wants; expectations and demands; there are *tensions*. Periods of keen competitions and times of preparations for examinations are seasons of worries.

When there are delays, there are stresses. During business pursuit; when there are difficult decisions to be made; there are usually lots of anxieties.

Times of unknown difficulties and troubles; when dangerous things are happening or when there occur sudden attacks; there are *stresses*. When there are trials and temptations; there are *fears*.

News of accidents, rumors of wars and killings; usually cause stresses. A time to venture; is a time of stress. When there are doubtful thoughts about the future; there are some feelings of anxieties; these are stresses.

When a woman is on her periods; when pregnant and during child-bearing; there are real stresses. When one is bereaved or has experience loses; there are anxieties.

*At such times one of the escape routes is constant meditation on the Word of God; like Psalms 50 verse 15; which says; call upon me in the day of trouble; I will deliver you, and you shall glorify me."* Some biblical examples of instances of stresses will help to teach us how to overcome pressures; hyper-tensions; and to live healthier and prosper in peace.

### **VICTORS OVER STRESSES**

*The book of Daniel 11: verse 32; states that; such as do wickedly against the covenant shall he corrupt by flatteries: but the people that do know their God shall be strong, and do exploits.*

Those who know their God are those who have absolute and unwavering faith in the promises of the Almighty God who made all things. As such they love to obey His Word. *If you know the almighty God, then you love Him; and His Word will be in you richly.* The amount of the Word of God in your heart gives you the ability to overcome stress.

It is said that the WORD in your HEART is the POWER in your hand. The amount of the Word of God you treasure in your heart shows how much you really love Him.

*The book of Psalms 91: verse 14; says; because he has set his love upon God, therefore will God*

*deliver him: God will set him on high, because he has known God's name.*

In 1<sup>st</sup> Samuel 30: verse 6; David was greatly distressed; for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. *But David strengthened himself in the LORD his God.*

*David of Israel was one of the victors over stress because he trusted in God.*

In book of 2<sup>nd</sup> Chronicles 20: verse 2; some men came and told Jehoshaphat; "A great multitude is coming against you from Edom, from beyond the sea; and, behold; they are in Hazazontamar" (that is; Engedi).

In 2<sup>nd</sup> Chronicles 20 verse 3; Then *Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.*

*King Jehoshaphat also had faith in the almighty God of Israel as his savior.*

There is hardly any man without fear; but here; the fear in Jehoshaphat; did not drive him to confusion but made him to seek more of God.

### **VICTIMS OF STRESS**

In Genesis 4: verses 5 to 8; but for Cain and his offering he had no regards. *So Cain was very angry, and his countenance fell.* The LORD said to

Cain, "Why are you angry, and why has your countenance fallen? *If you do well, will you not be accepted? And if you do not do well, sin is couching at the door; its desire is for you, but you must master it.*" Cain said to Abel his brother, "Let us go out to the field." And when they were in the field, *Cain rose up against his brother Abel, and killed him.*

*Cain* was too anxious to think rightly. His heart was so much preoccupied with the evil spirit of pride; and the desire for self-respect; tormented and confused his mind to make him act unreasonably. *Cain* was therefore, a victim of *Stress*.

In 1<sup>st</sup> Samuel 19: verses 1 and 9; Saul spoke to Jonathan his son and to all his servants, that they should kill David. But Jonathan, Saul's son, delighted much in David. *Then an evil spirit from the LORD came upon Saul, as he sat in his house with his spear in his hand; and David was playing the lyre.*

What happened to King Saul here was a clear case of the effect of grudge or bitterness against another. When the *Spirit of Love* left the heart of Saul; the tension in him got so high and affected his thinking faculty and made him confused and crazy. *Stress* can lead to madness. King Saul was a victim of a *stressful* circumstance.

## CHAPTER THREE

### Spiritual Stress therapy is “LAPP”

“LAPP” is defined as: Love; Actions; Prayers;  
Praises

**Love:** *1<sup>st</sup> John 2:15; says; Do not love the world or the things in the world. If anyone loves the world, the love for the Father is not in him.*

When the love of God pervades the heart of man then he can keep the Lord’s commandment like; “forgive” and “let go”; and saying; “Lord, Your will be done”. Whenever you forgive or let go; and resign to do God’s will; *stresses* are lifted off your heart.

The lack of Love makes one unwise, irrational and impatient. The heart with love is never anxious but takes delights in keeping the laws of God.

*1<sup>st</sup> Corinthians 13: verses 4 to 5; says; Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful.*

#### **Acting on the truth**

*The truth is just the promise or the Word of God concerning a prevailing circumstance or situation.*

In 1<sup>st</sup> Timothy 6 verse 7; the scriptures says; “*We brought nothing into the world, and we cannot*

take anything out of this world". *This is one very important and ageless truth.*

When you have the acknowledged of such truth; that; "as we came empty and naked; so we shall also go empty"; other questions will follow. Such as: "*Why are you then angry*", and "*why is your countenance fallen?*"; "*Which of you by being anxious can add one cubit to his span of life?*"; "*Is there anything too hard for God?*"

*It is only after these questions have been properly rationalized and positively related or applied to the mind that the spirit will be relaxed or tranquillized and devoid of Stresses and associated pains.*

Acting on the knowledge of "truth" simply means allowing the positive verses of God's Word to fill our heart. *When your heart is filled with the positive Word of God, your thoughts will be stress free and your body will not be on heat or feverish.*

**Prayers:** *Philippians 4 verse 6; says; Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Oh Lord; God of the universe; give me your grace to strongly take in your Word into my heart.*

Some symptoms and effects of stress include; restlessness, Mouth ulcer, headache, anger,

impatience, mistakes, insomnia, body itching, blood pressure and pimples. Whenever you notice such pains or sicknesses or body reactions, you must begin to pray for grace to discontinue in worries, anxieties, impatience or *stress*. *Stresses* are sicknesses or pains.

The Word of God says in James 5: verse 13; *is any one among you suffering? Let him pray. Is any cheerful? Let him sing praise.*

In Luke 18: verse 1; the Lord Jesus spoke a parable to His followers that men ought always to pray, and not to faint.

*Instead of giving up in despair to worries, impatience or stress and anxieties; just continue to ask the Holy Spirit to help you out. This "Asking" is Praying.*

**Praises:** *When I remember His promises; I shout; "Aleluyah" (2 times)*

James 5: verse 13; says; *is any one among you suffering? Let him pray. Is any cheerful? Let him sing praise.*

*1<sup>st</sup> Thessalonians 5: verse 18; says; give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

When you are able to program your mind to be praising the creator of all things for all the

happenings and seasons of life; then nothing will perturb your heart or plague your body. You will become a master in charge over all circumstances and every situation in life.

*Your praises must not be anchored on anything physical; due to gains like possessions or personal achievements but unto God almighty for who He is to you. Luke 10: verse 20; says; nevertheless do not rejoice in this, that the spirits are subject to you; but rejoice that your names are written in heaven."*

If you are rejoicing that you have victory over your enemy the Spirit of peace will not and does not participate in such celebrations in your heart.

*Proverbs chapter 24: verse 17; says; do not rejoice when your enemy falls, and let not your heart be glad when he stumbles.*

When your rejoicing is that you have freedom to relate with the Holy Spirit; and that you are able to do His will; then He will come into fellowship with you and give you abounding peace of mind.

*Unconditional praises remove stress. Your praises to God are signs that you believe in Him that He has; and He is able to help you in every circumstances and situations.*

## CHAPTER FOUR

### Keep your heart

If you truly want freedom from *stress*; Proverbs chapter 4: verse 23; says; *Keep your heart with all vigilance; for from it flows the springs of life.*

The heart is the battle arena of the spirits. The absence of love in the heart is the major attraction of *Stress*. *Stresses* resulting from the struggle between the thoughts of “love and hatred”; usually create wounds on the heart as both spirits fight for supremacy over the soul of man.

There is nothing as good and as healthy as a heart that is free from anxieties. There is no better and happier lifestyle as a life without *stresses*.

Life is a process of time. The creator created everything and everyone in time and with time. Life is progressive. Everything has its season or time. The sun and the moon have their courses above. They are all created for man; to harness them for effective living.

The God who made all things is fully in charge of everything. And the saying is; “You cannot hurry the sun to shine”. That is why God said; if you can change the order of His creations; then you can rival Him. *But God cannot be changed; and no one can challenge God.*

*In Jeremiah chapter 31: verses 35 to 36; thus says the LORD, who gives the sun for a light by day, and the ordinances of the moon and of the stars for a light by night, which divides the sea when the waves thereof roar; The LORD of hosts is his name: If those ordinances depart from before me, says the LORD, then the seed of Israel also shall cease from being a nation before me forever.*

*Hence the Psalms 72: verse 5; says; they shall fear you; Oh Lord; as long as the sun and moon endure, throughout all generations.*

*As it is that no one can contend with God; man must submit to God's will to have his peace.*

The primary cause of "Stress" is when the created man does not know that God is in charge; and that man's own duty is to let the creator be totally in charge.

*Isaiah 45: verse 9; says; "Woe to him who strives with his Maker; an earthen vessel with the potter! Does the clay say to him who fashions it, 'What are you making'? Or 'Your work has no handles'?"*

*When we are ignorant of the position and program of God in our lives, we live a stressful lifestyle. Just a little knowledge can save man millions of money been spent on kidney failure, psycho cases, cardiac arrest, and other stresses caused ailments.*

In ignorance; a man; without love in his heart; can become stressed and get impatient with his wife and children.

In ignorance; the woman; without love in her heart; can become stressed and would keep nagging her husband until the union is put asunder.

In ignorance; the youths; without love in their hearts; could become stressed and may become disobedient to parents and authorities.

In ignorance; the man in the street; without love in his heart; can become stressed and continues in hassling and bustling in vain.

*All stress cases are just because we want to make things happen in our own way and in our own time.* Most of the quarrelling; the oppressions; the beating up of the younger ones or the less powerful or the weaker vessels are all due to stresses or tension in the mind.

The defrauding of one another; most court cases are mostly resultants of stresses; because we are ignorant of the fact that *“what will be; will be”*.

Why would someone die of high blood pressures?  
– It is Stresses; due to ignorance of the Word of God; or better said – ignorance of the voice of God.

“The word” of God; is somehow different from “the voice” of God. A child of God will hear His voice. John 10: verse 27; says; *my sheep hear my voice, and I know them, and they follow me.*

*Deuteronomy 28: verse 1; says; And it shall come to pass, if you shall hearken diligently unto the voice of the LORD your God, to observe and to do all His commandments which I command you this day, that the LORD your God will set you on high above all nations of the earth: “The word” of God is the general one we read from the scriptures or hear from preachers while “the voice” of God is the specific one to our individual minds or spiritual ears from the Holy Spirit.*

**Prayers:** Oh Lord; speak to me in the manner that I will understand your voice. Give me the grace to hear you well so that I will not be troubled.

**Prayers:** Oh Lord; help me not to be worried; due to ignorance of Your VOICE; In Jesus name, Amen.

One who does not hear God’s voice definitely must be worried or stressed. But the joy and the peace of mind increases as one hears God clearly.

**Prayers:** Oh Lord; give me the grace not to be anxious for anything; In Jesus name, amen.

Majority of the wars; sicknesses and sufferings - stresses. - are due to anxieties and impatience in

the heart. James 4: verse 1; *asks; from whence comes wars and fighting among you? They come; even of your lusts that war in your members. - Quoted from King James Version of the Holy Bible.*

*James 4: verse 1; asks; "What causes wars, and what causes fighting among you? Is it not your passions that are at war in your members?" - Quoted from the Reversed Standard Version of the Holy Bible.*

When we have the desire to please the world; we become enemy to the Holy Ghost who ought to be our comforter. *In the absence of the comforter man is exposed to stresses and effects of stress.*

Some People who are prone to stress include; "Physical prisoners and prisoners of conscience". Those who are despised and oppressed; "women in menopause, children in adolescence and Puberty ages" "Students"; Divorcee; "Competitors, Contenders, and Gamblers"; "Expectant women and their husbands"; "managers and supervisors"; "Ministers and leaders"; "Bachelors and spinsters"; "The Impatient and the Anxious persons"; "The Unemployed; The underpaid and unpaid workers"; Those who have evil intentions and unforgiving spirits; those who are exposed to sudden attacks, etc.

## CHAPTER FIVE

### THE TRUTH THERAPY

There are some basic truths of life that can be *remedy* for stresses and stress caused problems. These truths are extracts from the Word of God – the book; the bible. The Word of God is the main “*Solution; Cure and Therapy*” for Stresses.

*Psalms chapter 107: verse 20; says; He sent his word, and healed them, and delivered them from their destructions. When you know these scriptural truths your **spirit** will become: “free from every anxiety”; you will become “healthier” and “more prosperous”. A *healthy* spirit makes a healthy body. Some examples of stress healing truths are under listed.*

Numbers 23: verse 19; says; *God is not man; that he should tell lie, or a son of man, that he should repent. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it?*

*When you are in stress begin to meditate on the above statement. As you believe that God cannot lie; that He does not repent; that the prevailing problems are subject to God’s control; your mind will stop worrying. With God anything is possible; so; “do not fear”.*

Jeremiah 32: verse 27; "Behold, I am the LORD, the God of all flesh; *is anything too hard for me?*

In Jeremiah 29: verse 11; I know the plans I have for you, says the LORD, plans for welfare and not for evil, *to give you a future and a hope.*

Psalms 37: verse 8; says; Refrain from anger, and forsake wrath! *Fret not yourself;* it tends only to evil. *Worries are signs; you do not have faith.*

In 1<sup>st</sup> Timothy 6 verse 7; the scriptures says; *“We brought nothing into the world, and we cannot take anything out of this world”.*

"Let not your hearts be troubled; *believe in God,* believe also in me – in the Word of God as in John 14: verse 1.

Psalms 46: verse 1; says; *God is our refuge* and strength, a very present help in trouble.

Philippians 4: verse 19; says; *my God will supply* every need of yours according to his riches in glory in Christ Jesus.

Psalms 46: verses 2 to 3; says; *therefore; we will not fear though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult.*

In John 14: verse 14; *If you ask anything in my name, I will do it.*

Psalms 23: verse 1; says; the LORD is my shepherd, *I shall not want;*

In John 14: verse 27; *Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. The troubled heart is definitely on fire or in torments; and the body system is in pain and mal-functioning.*

Philippians 4: verse 6; says; *have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

Psalms 50: verse 15; says; call upon me in the day of trouble; I will deliver you, and you shall glorify me.

1<sup>st</sup> John 4 verse 4; says; *“Little children, you are of God”, and have overcome them; for he who is in you is greater than he who is in the world. What then shall we say to this? If God is for us, who is against us? As in Romans 8: verse 31. He who did not spare his own Son but gave him up for us all, will he not also give us all things with him? Romans 8: verse 32 says; your mind will experience great peace if you believe that God can help you out.*

In Matthew 6: verse 25; "Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food and the

body more than clothing? Matthew 6: verse 31; says; therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

Matthew 6: verse 34; says; *"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day.*

*When you are meditating on the truth your mind will be free from anxieties. Psalms 119: verse 165; says; Great peace has those who love thy law; nothing can make them stumble.*

Matthew 6: verse 27; asks; *"Which of you by being anxious can add one cubit to his span of life?"* 1<sup>st</sup> Timothy 4: verse 8; says; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

Matthew 11: verses 29 to 30; says; take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

In Matthew 6: verse; 33; but seek first his kingdom and his righteousness, and all these things shall be yours as well.

Mark 8 verse 36; says; for what shall it profit a man, if he shall gain the whole world, and lose his own soul? *Mark 8 verse 37; asks; what shall a man give in exchange for his soul?*

1<sup>st</sup> Corinthians 15 verse 19; if in this life only we have hope in Christ, we are of all men most miserable.

Lamentations 3 verse 37; who has commanded and it came to pass, unless the Lord has ordained it?

Psalms 118: verse 5; says; Out of my distress I called on the LORD; the LORD answered me and set me free.

Jeremiah 33: verse 3; says; Call to God and He will answer you, and will tell you great and hidden things which you have not known.

*Meditating on such verses above keeps the mind; continually free from stresses, worries and anxieties, dreads, trauma; and the body; free from infirmities.*

## CHAPTER SIX

### KNOWLEDGE THERAPY

*Matthew 6 verse 34; says; "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day. -*

The various troubles in life result from the very fact that many people do not really know much about life and life's principles for effective living.

*My people are destroyed for lack of knowledge. As you have rejected knowledge, I also reject you from being a priest to me. And since you have forgotten the law of your God, I also will forget your children. - Hosea 4 verse 6*

God says; His own people; including even you; and other people; lack; or have rejected or have forgotten the knowledge of Him. *They are of God; but they do not know.* The resultant effects; or the consequences are; destructions or perishing or various troubles; afflictions like plagues of "Ebola Virus", "H I V", "Aids"; and other sicknesses; like hyper tension or high blood pressures.

Many are lamenting often; "why this or that"? Others apportion blames to unknown forces because they do not know the sources or cause of their *stresses* or what troubles them. But the wise saying is that a problem known is a problem half

solved. Those who know the almighty God and His Word are very much aware that evils; like *stress* plague the wicked ones. One of the major causes of *stress* is the lack of knowledge and a clear understanding of stress happenings and the sources. You are God's own people. When you identify yourself with Him; you become free and fearless as His Word dwells richly in your heart.

The reasons you are sick and your healing is denied or delayed is because you do not know who you really are. *In Isaiah 1: verses 5 to 6; God is asking; Why will you still be smitten, that you continue to rebel? The whole head is sick, and the whole heart faint. From the sole of the foot even to the head, there is no soundness in it, but bruises and sores and bleeding wounds; they are not pressed out, or bound up, or softened with oil.*

In Isaiah 1 verse 3; He says; the ox knows its owner, and the ass its master's crib; but Israel does not know, my people do not understand." If you can understand well enough that your father is the God that says; *"I am the LORD that heals you"*; your healing will become a reality. –

*Exodus 15: verse 26; says; If you will diligently hear the voice of the LORD your God, and will do that which is right in his sight, and will give ear to His commandments, and keep all His statutes, I will*

*put none of these diseases upon you, which I have brought upon the Egyptians: for I am the LORD that heals you.*

The reason you are not making any meaningful progress is because you do not know that your God is greater inside you. Daniel 11: verse 32; says; He shall seduce with flattery those who violate the covenant; *but the people who know their God shall stand firm and do great exploits.*

Exodus 29: verse 46; says; They shall know that I am the LORD their God, who brought them forth out of the land of Egypt that I might dwell among them; I am the LORD their God.

*Ezekiel 28:verse 24; says; "And for the house of Israel there shall be no more a brier to prick or a thorn to hurt them among all their neighbors who have treated them with contempt. Then they will know that I am the Lord GOD.*

*The more you know Him the less you have stresses and setbacks. The knowledge of the almighty God is made clearer to us as we read the scriptures day after day. Moses advised Joshua to read the scriptures and meditate on the Word of God always to achieve good success. As one reads and prayerfully meditate on the Word of God; the mind will be devoid of worries and stresses.*

The reason you are under oppression is because you do not know that you are royal. 1<sup>st</sup> Peter 2: verse 9; says; You are a chosen race, a royal priesthood, a holy nation, God's own people, that you may declare the wonderful deeds of him who called you out of darkness into his marvelous light. Exodus 19: verse 6; says; you shall be to me a kingdom of priests and a holy nation. These are the words which you shall speak to the children of Israel."

You have high blood pressure is because you *despised the Holy One of Israel*. Isaiah 1: verse 4; says; Ah, sinful nation, a people laden with iniquity, offspring of evildoers, sons who deal corruptly! They have forsaken the LORD, they have despised the Holy One of Israel, and they are utterly estranged.

The reason you don't have peace is because you do not know who you are in Christ Jesus; and you are afraid. John 14: verse 27; says; Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. *When you are fully and well aware that the promises of the Holy God to protect those who trust in Him are also true concerning you; fears will be far from your heart.*

The cause of fear which destroys or drives off peace from the hearts of men is the absence of faith due to the ignorance of the promises of the maker and owner of the universe. The promise of God above is that He has given you peace, and you should believe Him so.

The reason you are afraid to venture is because you do not know your strength. *2<sup>nd</sup> Timothy 1: verse 7; says; God did not give us a spirit of timidity but a spirit of power and love and self-control.* You have the power of the Holy Ghost within you; God will be pleased with you when you boldly stand out in faith. The reason you fear demons – witches and wizards is because you do not know who you are and what you are able to do.

*Mark 16: verses 17 to 18; says; these signs will accompany those who believe: in my name. They will cast out demons; they will speak in new tongues; they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover.”*

The reason you don't have joy is because you do not really know how to give praises with your inner strength. *Psalms 20: verse 5; says; May we shout for joy over your victory, and in the name of*

*our God set up our banners! May the LORD fulfill all your petitions!*

***Isaiah 35: verse 10;*** says; the ransomed of the LORD shall return, and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away. ***Psalms 35: verse 27;*** says; Let those who desire my vindication shout for joy and be glad, and say evermore, “Great is the LORD, who delights in the welfare of his servant!”

*Let your heart always praise God truly. Psalms 84: verse 2;* says; *my soul longs, yea, and faints for the courts of the LORD; my heart and flesh sing for joy to the living God.*

***In Psalms 92: verse 4;*** For You, O LORD, has made me glad by your work; at the works of your hands I sing for joy.

***Isaiah 29: verse 19;*** says; the meek shall obtain fresh joy in the LORD, and the poor among men shall exult in the Holy One of Israel.

***Isaiah 48: verse 20;*** says; Go forth from Babylon, flee from Chaldea, declare this with a shout of joy, proclaim it, send it forth to the end of the earth; say, “The LORD has redeemed his servant Jacob!” God is pleased to do more for you when you; *give thanks in all circumstances;* for this is the will of

God in Christ Jesus for you. 1<sup>st</sup> Thessalonians 5: verse 18

The reason you despise someone is because you do not know who you are. 1<sup>st</sup> Corinthians 13: verse 7; says; Love bears all things, believes all things, hopes all things, and endures all things. *If you know that God has put love in you to give others you will not hate them*

The reason you easily give up is because you do not know how powerful you are in Christ. In **Luke 18: verse 1**; He told them a parable, to the effect that they ought always to pray and not lose heart. **2<sup>nd</sup> Corinthians 4: verses 1&16**; says; therefore, having this ministry by the mercy of God, we do not lose heart. So we do not lose heart. Though our outer nature is wasting away, our inner nature is being renewed every day.

**1<sup>st</sup> John 4: verse 4**; says; little children, you are of God, and have overcome them; for He who is in you is greater than he who is in the world.

**Galatians 6: verse 9**; says; let us not grow weary in well-doing, for in due season we shall reap, if we do not lose heart.

**Ephesians 3: verse 13**; says; I ask you not to lose heart over what I am suffering for you, which is your glory.

*You are blessed to bless others.* The reason you are not able to achieve much is because you do not know what you can do. **Matthew 16: verse 8;** says, But Jesus, being aware of this, said, “O men of little faith; why do you discuss among yourselves the fact that you have no bread? *You can do much more than you see in yourself if you look up to Jesus.* **Matthew 14: verse 31;** Jesus immediately reached out his hand and caught him, saying to him, “O man of little faith, why did you doubt?”

**Hebrews 11: verse 6;** says; without faith it is impossible to please him. For whoever would draw near to God must believe that he exists and that he rewards those who seek him. You are afraid to venture because you have no faith that you can make it.

This fear inside of you which grips your heart so tightly is the *Stress*. If you allow this *Stress* to continue it can destroy some of your body immunity cells and then you become sick and dying slowly in ignorance.

Stress has enormous and adverse effects on human bodies *Stress* can result to *Psycho*-confusion or madness as a consequence of brain fatigue due to too much pressure on the thinking faculty of the body.

*Stress* can result to early ageing as a result of constant contractions of the facial muscles in anger or in grieves.

*Stress* can result to body weakness and pains as a result of blockage of the joints and blood vessels by muscle strengthening secretions during anger, trauma, travailing and anxieties.

*Stress* can result to fever, hyper-tension, cardiac arrest and death due to overstretching of the blood vessels in anxieties because of fears.

## CHAPTER SEVEN

### Faith therapy

When you have developed a strong faith in Christ Jesus; as the Word of God become very rich within your heart; you become master over all circumstances and situations.

In that state of life; your heart is never *stressed* by any incidence. To get to such a place in life is to keep meditating on or believing the positive verses of the scriptures all the time.

In Matthew 8: verse 26; Jesus said to them, “Why are you afraid, O men of little faith?” Then he rose and rebuked the winds and the sea; and there was a great calm.

*Faith believes that all things are possible with God; and there is no reason to fret. In Matthew 17: verse 20; the Word of God says; “Because of your little faith. For truly, I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you.” – Quoted from the Reversed Standard version of the Holy Bible.*

Luke 12: verse 28; says; If God so clothes the grass which is alive in the field today and tomorrow is thrown into the oven, how much more will he clothe you, O men of little faith!

*The above verses teach us about faith. If we can learn to grow in trust in God and strongly believe that He can bless us our lives will be less stressful.*

**Word of Faith** from JOSHUA chapter 1: verses 1 to 9; after the death of Moses the servant of the LORD, the LORD said to Joshua the son of Nun, Moses' minister. "Moses my servant is dead; now therefore arise, go over this Jordan, you and this entire people, into the land which I am giving to them, to the people of Israel.

*Every place that the sole of your foot will tread upon I have given to you, as I promised to Moses. .. From the wilderness and this Lebanon as far as the great river, the river Euphrates, all the land of the Hittites to the Great Sea toward the going down of the sun shall be your territory. .. No man shall be able to stand before you all the days of your life; as I was with Moses, so I will be with you; I will not fail you or forsake you. .. Be strong and of good courage; for you shall cause this people to inherit the land which I swore to their fathers to give them. .. Only be strong and very courageous, being careful to do according to all the law which Moses my servant commanded you; turn not from it to the right hand or to the left, that you may have good success wherever you go. .. This book of the law shall not depart out of your mouth, but*

*you shall meditate on it day and night, that you may be careful to do according to all that is written in it; for then you shall make your way prosperous, and then you shall have good success. .. Have I not commanded you? Be strong and of good courage; be not frightened, neither be dismayed; for the LORD your God is with you wherever you go.”*

**Word of Faith** from PSALMS chapter 1: verses 1 to 6; blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers. .. But his delight is in the law of the LORD, and on his law he meditates day and night. .. He is like a tree planted by streams of water, that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. .. The wicked are not so, but are like chaff which the wind drives away. .. Therefore the wicked will not stand in the judgment, or sinners in the congregation of the righteous; .. For the LORD knows the way of the righteous, but the way of the wicked will perish

**Word of Faith** from PSALMS chapter 127: verses 1 to 2: Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. .. It is in vain that you rise up early and go late to

rest, eating the bread of anxious toil; for he gives to his beloved sleep.

**Word of Faith** *from Numbers chapter 23: verses 19 to 22; God is not man that he should tell lie, or a son of man, that he should repent. Has he said, and will he not do it? Has he spoken, and he will fulfill it. Behold, I received a command to bless: he has blessed, and I cannot revoke it. .. He has not beheld misfortune in Jacob; nor has he seen trouble in Israel. The LORD their God is with them and the shout of a king is among them. .. God brings them out of Egypt; they have as it were the horns of the wild ox.*



## CHAPTER EIGHT

### THE HOLY SPIRIT LED LIFE

This kind of lifestyle is devoid of stresses as it is being lived without qualms and anxieties. The Spirit led person believes strongly; what *2<sup>nd</sup> Timothy 1: verse 7*; says; that *God did not give us a spirit of timidity but a spirit of power and love and self-control.*

*1<sup>st</sup> John 4:18*; says; *there is no fear in love; but perfect love casts out fear: because fear has torment. He that fears is not made perfect in love.* The Spirit led person is not given to fears but only moved by God's Word. So he is not ruled by stress.

*In Zechariah 4: verse 6*; then he said to me, *"This is the word of the LORD to Zerubbabel: Not by might, nor by power, but by my Spirit, says the LORD of hosts.*

*Mark 12: verse 36*; says; *David himself, inspired by the Holy Spirit, declared, 'The Lord said to my Lord; 'Sit at my right hand, till I put thy enemies under thy feet.'* Power is needed to prosper; prevail; for promotion; to have peace and to make progress in life. The source of this power is the Holy Spirit. *Acts 1: verse 8*; says; *you shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth."*

## MATTERS OF LIFE

LIFE is defined as *Living in Fellowship Eternally*. This is from the fact that those who are in hell are considered dead.

In hell there is no cordial relationship amongst the occupants who perpetually in sorrows. But in heaven the occupants are in eternal fellowships with the creator.

Those in heaven are in “life”. LIFE on earth is a two-way with two definite endings. The two ways are distinct but interconnected roads that end in two opposite places. The two roads are: “the *narrow way*” which ends at the strait gate into *heaven*; and the “*broad way*” which ends at the wide gate into *hell*. Hell is a situation and a circumstance of torments - *stresses*

Someone undergoing Stresses is like person in hell. The torments on earth are life’s typical signs of the reality of hell.

Life is a book of two pages – *the back and the front sides* of a sheet of paper. Life is a toss of a coin – *a head and a tail* are the two possibilities.

The head is usually considered as a good omen. Life is an event of two out comes – *good news or bad news*. In life you can prosper in any way you

choose; if you diligently work towards it; *but the end will justify the means.*

You can live a life devoid of regrets if you so choose to learn the truth of it. The truth that you are being taught here and now would set you free from the *stresses* of life. *Life can be very stressful for those who are devoid of how to live it through.* These are what people usually call the negativities of life. *Your unsolvable problems; incurable pains; and all the troubles you are going through in life are not due to the power of your enemies but the resultant effects of your evil thoughts – which are the issues of your heart.*

*Cause causeless does not come. Good works brings good life; – joys. Bad works result to bad things; – pains and sorrows. Hebrews 13: verse 16; says; Do not neglect to do well and to share what you have, for such sacrifices are pleasing to God. The Good God has given you choices – life or death; good or evils; -you have your options to take or leave.*

*Psalms 34: verse 14; says; Depart from evil, and do good; seek peace, and pursue it.*

James 4: verse 17; says; therefore; to him that knows how to do what is good, and does not do it, to him it is sin.

*The Holy Spirit will always prompt you to choose life and good. The evil spirit will always coax you to choose evils and bad – lies, charms etc. Whoever chooses to do evil has automatically, given a quit notice to the Spirit of Love in his or her heart.*

*The absence of Love in the heart brings the spirit of evils to take charge. Now evil attracts evils – crisis and strains to the heart devoid of love. The heart devoid of love has grudges, envy, impatience, torments of anger; etc. These are all Stresses.*

## CHAPTER NINE

### MINISTERING WITHOUT STRESS

Ministering without stress means to labor or to do works without stress. Even in this era when robots are assigned into labors humans do the inspections and supervisions. The inspectors and supervisors need to be stress free to have the genuine results.

Husband is a minister. Wife is a minister. Presidents and kings of nations and kingdoms are all ministers. Civil servants; politicians and all related leaders are ministers. All servants are ministers and *everyone is a minister to another*. A minister could be a workman or one who is employed by another to serve.

The employer of labor is responsible for the wages of the employee. The soldier who works for the government is not expected to go and labor elsewhere to earn wages to buy his uniform. In the bible; the book of *1<sup>st</sup> Corinthians 9: verse 7; asks; who serves as a soldier at his own expense? Who plants a vineyard without eating any of its fruit? Who tends a flock without getting some of the milk?*

The soldier who is well aware that his supplies will come from his employer - the Government; does not *stress* or weary his mind by seeking for an

alternative source of income. Therefore the laborer who knows that his wages will surely come from where he works will not be *stressed* or troubled at heart.

The servant who knows that his master will take care of his upkeep does not *stress* and border his brain to think of where to go and work for a living.

The man who is planting a vineyard knows well that he will eat from it; more so when he is doing it as a servant. Should his master prevent him from eating; when he dies; the master will be the one to suffer the mishap.

A minister of God or a servant of God or a child of God need not to be worried about how things will work out. Jesus the Christ makes the very clear in *John 14: verses 1 to 3; as he says; "Let not your hearts be troubled; believe in God, believe also in me. In my Father's house are many rooms; if it were not so, I would have told you that I go to prepare a place for you? And when I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. In Matthew 11: verses 28 to 30; Jesus says; Come unto me, all you that labor and are heavy laden, and I will give you rest. .. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and you shall find rest unto your*

souls. .. - For my yoke *is* easy, and my burden is light.

The Word of God says in Isaiah 55: verse 2; wherefore; do you spend money for that which is not bread? And you labor for that which satisfies not? Hearken diligently unto me, and eat that which is good, and let your soul delight itself in fatness. *The God who owns our life and our jobs knows how to make all things work together for good for those who are doing His will.*

*Psalms chapter 121: verse 1 to 8; explains; I lift up my eyes to the hills. From whence does my help come? My help comes from the LORD, who made heaven and earth. He will not let your foot be moved, he who keeps you will not slumber. Behold, he who keeps Israel will neither slumber nor sleep. The LORD is your keeper; the LORD is your shade on your right hand. The sun shall not smite you by day or the moon by night. The LORD will keep you from all evil; he will keep your life. The LORD will keep your going out and coming in from this time forth and for evermore.*

Now that you know the verses above; and you know that God does not lie; why then would you be worried and stressed? The reason many are stressful and compromising is that they have lost their first love – heaven’s consciousness. 1<sup>st</sup>

*Corinthians 15: verse 19; If in this life only we have hope in Christ, we are of all men most miserable.*

Some ministers may be rich and working miracles; people may still be seeing them as ministers but they are lost. They only have hope in Christ here because of earthly gains.

Some have secretly join cults. They are stressed; they are impatient; they do not understand the word of God in the scriptures; as in John 14: verse 1 to 4; which says that; *In God's house; are many mansions; is referring to God as inexhaustible.*

**Ministering in anxiety** is due to ignorance of God's Word and Works. The fact that you are not visibly rich now does not mean that God is not with you or that the powers of darkness have succeeded against you. *If you are worried then you are making mistakes because you do not know the scriptures or the power of God.* Jeremiah 32: verse 27; asks; Behold, I am the LORD, the God of all flesh: is there anything too hard for me? Nothing is too hard for God to do if we allow our faith to grow to trust and believe in Him.

In some Christian gatherings the ministers and people are just too competitive for God to move or act among them. *But Jesus says; in John 13: verse 34; A new commandment I give unto you, That you love one another; as I have loved you,*

*that you also love one another. .. John 13: verses 35; added; By this shall all men know that you are my disciples, if you have love one to another. .. In John 14: verse 30; Jesus said; I will no longer talk much with you, for the ruler of this world is coming. He has no power over me; .. “You will know the truth and the truth will make you free.”; in John 8: verse 32;*

There is nothing as good and as healthy as a heart that is free from anxieties. There is no better and happier life as a life without stresses. *This is the kind of life everyone likes to live. I strongly believe that this is the kind of life you also want to live.* Good enough; this is the kind of life the Holy Spirit wants His entire creatures to live. If there is a life without stress; there is also a stressful life.

The stressful life is what the Evil spirit wants *the depraved man* to live. *The depraved man* is the person without the fear of God. His conscience; is as if seared with a hot iron. He usually practices evils and has become careless; always despising the *truth of life*. *One who does not maintain unclean thoughts cannot be plagued by stress.*

*Psalms chapter 1: verse 1 to 5: Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD,*

*and on his law he meditates day and night. He is like a tree planted by streams of water, that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.*

*The wicked are not so, but are like chaff which the wind drives away. Therefore the wicked will not stand in the judgment or sinners in the congregation of the righteous; for the LORD knows the way of the righteous, but the way of the wicked will perish*

**Ministering** is another word for **Leadership**. The word “Without” means: “*with no*”; “*devoid of*”; “*lacking*”; “*outside*”;

The word “Stress” has been defined as: “*pressure*”; “*strain*”; “*anxiety*”; “*constant worry*”; “*nervous*” “*tension*”; “*trauma*”; “*hassle*”; etc.

One can therefore re-title this book as “**Leadership without stress**” or “**Leading with no anxiety**”; Strain; Sweat; Suffering; Regrets; Tension; Problem; pain; etc.

Ministering is used in the Christian circle to mean generally; “Services or working in the Church”. Therefore, all Church workers are ministers in various degrees or levels.

But this book expounds beyond the scope of church ministers to include “All” who are serving

in both physical and spiritual domain and environments.

The word “Ministry”; *actually means: office, bureau, department, agency, and organization. All that are in these places are ministering in one way or another; whether in large or little offices.*

These may include: public and civil servants, politicians and; private servants; offices and house helps; leaders of various categories; and; men and women who may be parents and teachers in any class or level of life. *Whatever one is doing; - from selling to buying; is ministering to another; - Otherwise called stewardship.*

All *Homo-sapiens* are stewards. All of us “Humans” shall give account of our *stewardship*; or ministering; or services; or works; or words; or actions; etc.; to The One – *God who Made us all and the Universe. Romans 14: verse 12; says; so then every one of us shall give account of himself to God.*

The above verse is expressly saying that “we” do not owe ourselves; though we are free moral agents. *We are created to serve; not ourselves but others. We are all living as “ministers to one another.* We must therefore know very well that He who owns us is our Lord – our creator.

Therefore, we must learn to cast all our cares upon Him; and not be *stressed* again. All of us are created by God and are called to minister for Him. All of us are like seeds in the hands of the farmer. The differences in our lifestyle are like the soil, the environment, and the time. All of us are like stars in Heavenly places; the difference is the location and the size. There are great and small stars; they all receive their individual lights from the one big Sun.

There are various functions and various levels in life. All of us are interdependent but no man who is indispensable.

The maker's Word for our effective functioning; as we co-relate with one another; are: "Fear not"; "fret not"; "worry not"; "trouble not"; "envy not". *Matthew 11: verse 28; says; Come to me, all who labor and are heavy laden, and I will give you rest.*

All of us belong to Him – we brought nothing into this world; and it is certain that we are not taking anything away. Therefore we ought to live our lives; and do our services without *stress* on earth. You can live your life or minister with ease *when you have the sound knowledge of*: - The Word of God; *When you know your right as a minister; when you know your destination as a pilgrim on Earth and when you know your purpose on earth.*

You are made to know and serve the God who created you.

You can live your life or minister with ease *when you know* the ministry of the Holy Ghost or the Power of the Holy Spirit.

You can live your life or minister with ease *when you know* the experiences of others who have passed on. *No one has died took monies or materials to the land of the dead. All came naked; and left naked as they came.*

You can live your life or minister with ease *when you know* the inexhaustible kingdom. – *John 14: verses 1 to 2 “Let not your hearts be troubled; believe in God, believe also in me. In my Father’s house are many rooms; if it were not so, would I have told you that I go to prepare a place for you?”*

You can live your life or minister with ease *when you know* the application of wisdom. – *The ant may be small; but it reigns as the wise among the living.*

You can live your life or minister with ease *when you: discover your area of calling and minister within the sphere.*

You can live your life or minister with ease *when you: Do not attempt to be competitive or proud; as stated in Luke 10: verse 20. Notwithstanding in*

*this rejoice not, that the spirits are subject unto you; but rather rejoice, because your names are written in heaven.*

You can live your life or minister with ease *when you*: Do not envy others that you think are doing better than yourself. *When King Saul did envy David; he got the spirit of distress as a tormentor.*

You can live your life or minister with ease with the knowledge that:

1. Callings are individual; and you cannot be all.
2. All cannot function as one. *1<sup>st</sup> Corinthians 12:27; says; Now you are the body of Christ and individually members of it.*
3. All cannot be equally rich.
4. All are not equally gifted. *Are all apostles? Are all prophets? Are all teachers? Do all work miracles? – 1<sup>st</sup> Corinthians 12: verse 29. .. 1<sup>st</sup> Corinthians 12: verse 28; says; And God has appointed in the church first apostles, second prophets, third teachers, then workers of miracles, then healers, helpers, administrators, speakers in various kinds of tongues. .. 1<sup>st</sup> Corinthians 12: verse 30; asks; Do all possess gifts of healing? Do all speak with tongues? Do all interpret?*

You can live your life or minister with ease *when you*:

1. Seek to be perfect.
2. Don't lose your focus; you don't get distracted.
3. Minister with love; - Be compassionate and do not be selfish. You should not get overbearing on your disciples by pride or over demanding.

Many ministers of the Word of God are ignorantly killing the sheep instead of keeping and caring for the flocks of God. Many are destroying instead of building; by organizing meetings at odd hours and using carnal methods – gimmicks because of self-centeredness.



## CHAPTER TEN

### LIFE WITHOUT STRESS

#### 1. You have to use what you have to get what you want.

*In Exodus 4: verse 2; The LORD said to Moses, "What is that in your hand?" He said, "A rod."*

God will only ask for what you have because that is what He has given to you. He asked Moses; "what is that in your hand"?

*King David used stones as bullets against Goliath and with the stone; he prevailed over the weapons of javelin and sword.*

The talent God has given to you is what you are required to use. Do not in any way underrate your ability to do well. If you do; Satan will begin to torment you with stresses by discouragements.

Going for a borrowed talent or what others have can also be *stressing* which could results to stealing or greed or covetousness; and errors that cause death. *Stresses* usually arise when we want to fit into the shoes of others. *Matthew 25: verse 15; says; unto one he gave five talents, to another two, and to another one; to every man according to his several ability; and straightway took his journey.*

When a minister is trying to minister in the same pattern as another; he cannot move effectively well without the grace.

When a businessman is trying to do his business like another; he may not get the same result without the talent.

When a family is comparing themselves with another one there will be **Stresses** – tensions and strains between the couples without love.

When you indulge in imitation of others; you may not be able to go far in life.

*In 1<sup>st</sup> Samuel 17: verse 39; David girded his sword upon his armor, and he assayed to go; for he had not proved it. And David said unto Saul, I cannot go with these; for I have not proved them. And David put them off him.*

Everyone cannot be in the same profession. God has given to each one at least a talent. Find out your own area of specialization and function there. Do not try to do all things. If you are not gifted to do a particular job you may get stressed up in trying to do it yourself.

## **2. You must realize it that you have the ministry of the anointed.**

*Luke 10: verses 19 to 20; says. Behold, I give unto you power to tread on serpents and scorpions, and*

*over all the power of the enemy: and nothing shall by any means hurt you.*

No one is an island; no one is created to live by himself and for himself. The ministry of the anointed – the empowered one; is to help the weak. Anointing makes you a servant to all; because the power of God in you is to serve Him with humbleness. Luke 4: verse 18; says; *“The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed.*

The evangelist; the preacher, the teacher, the healer, the prophet, the philanthropist, are all apostles of good works. They are the anointed ones – chosen or called by God to minister in various dimensions and ways to man. The ministry of the anointed David was to kill the Goliath out of the life of his brethren – the Israelis.

You are your brother’s keeper. You are made to reach out to somebody. When you know this you will not be ministering with grudges, envy, anger, anxiety, fears, frustrations, or stress. You are to preach, teach, guide, and help others to; and in the direction of righteousness.

*Daniel 12: verse 3; says; those who are wise shall shine like the brightness of the firmament; and those who turn many to righteousness, like the stars forever and ever.*

The time you spend thinking night and day; how you would be useful to your generation will keep your heart from worries and anxieties or stresses.

### **3. Your calling is individually peculiar.**

Therefore; you are not expected to be competitive with another.

The World is a stage. *Everyone is an actor to perform and let others perform.*

It is the desire to achieve first and better than others that cause the *stresses*.

Many are worried because they see others who are better off than them or they simply see others as rivals.

To be competitive is to minister in *stress*. Many competitors do consume unhealthy substances to enhance their performances; and use dangerous weapons to pull down others; and speak idle and unwise languages; in order to outwit their opponents.

Under such circumstances; the temple of the Holy Spirit is affected and defiled. Some ministers are

into drugs; some are into charms or magic; some are into deceptions or lies; while some are into robbery or stealing.

One of the reasons you get offended by the actions of others is that; your real self; your spirit being; is crying to be allowed to do the work of the anointed or the saint or the apostle which you so much admire as worthy to be like. But you are ignorant of the fact that though you are to serve; your office is distinct and unique. Therefore you must not cry for human approval.

The ministry of David as a leader was different from that of Moses. You are worried because you believe you have the calling but not recognized. You are the more worried because you are doing the work carnally or in the power of yourself or flesh. Selfish ambition yields no remarkable results. You want to be given the chance and you are angry; being somehow denied. You want to be seen or noticed; you want to be applauded; you want to be honored; your human nature wants to have pleasures. This pride is stressful.

Many are called; but few are able to prove their callings. When you get this knowledge and you do not minister with *stress*; your calling will be confirmed. God does the confirmation; even when man is used to minister the baptism. Your stress

will go and your approval will come from above on the condition that you stop walking on ungodly counsels. *Mark 1: verses 9 to 11; says; In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan And when he came up out of the water, immediately he saw the heavens opened and the Spirit descending upon him like a dove; and a voice came from heaven; "You are my beloved Son; with you I am well pleased."* His confirmation came from above.

Moses is one of the fathers we are to learn from. He did at one time minister with *stress*. He called his brethren rebels. The continual cries of the children of Israel put Moses under intense pressures. He could not bear to honor God before the people and he got uncontrollably angry. Therefore God judged him not to enter Canaan Land.

The anxieties are not worth the whiles. Anxiety is a sign of ignorance. If you know where you are going and how to get there and you know what to expect you will not be hasty or anxious; except God says move. God does not use a novice or one who is ignorant of the way.

Most loud and prolonged prayers; stage showmanship or cosmetics sermons, and odd hours of meetings are issues of anxieties or *stress*.

The ideas are just to acquire more and vain revenues. You may not be wealthy, in the worldly sense or standard, but you are rich in Christ. Keep believing in Christ so.

*2<sup>nd</sup> Corinthians 8: verse 9; says; for you know the grace of our Lord Jesus Christ; that though he was rich, yet for your sake he became poor, so that by his poverty you might become rich.*

Trying to be like; or even better than others; results to evil manipulations, impatience, etc.; that leads to lose of heavenly grace or consciousness. Without Heaven in view all earthly acquisitions; achievements and accumulations will only amount to vanity upon vanities. *1<sup>st</sup> Corinthians 15: verse 19; says; If in this life only we have hope in Christ, we are of all men most miserable.*

*Stress* can be very harmful; it can kill prematurely. It can also kill spiritually. When *stress* comes in; there will be errors of misquotation of scriptures *Stress* causes hypocrisy.

*Stress* promotes pride. King Saul was stressed by the congregation of the Israelites; he disobeyed God and lost his ministry. *Many and uncountable ministers have unknowingly and ignorantly lost their own grace also..*

*In 1<sup>st</sup> Samuel 13: verse 11 to 12; Samuel said, "What have you done?" And Saul said, "When I saw that the people were scattering from me, and that you did not come within the days appointed, and that the Philistines had mustered at Michmash, I said, 'Now the Philistines will come down upon me at Gilgal, and I have not entreated the favor of the LORD'; so I forced myself, and offered the burnt offering."*

*In verses 13 to 14; Samuel said to Saul, "You have done foolishly; you have not kept the commandment of the LORD your God, which he commanded you; for now the LORD would have established your kingdom over Israel forever. But now your kingdom shall not continue; the LORD has sought out a man after his own heart; and the LORD has appointed him to be prince over his people, because you have not kept what the LORD commanded you."*

#### **4. Discover your office and function within the ambit**

The saying is; "do your best and leave the rest to God". King Saul made the costly mistake to function as a priest because of *stress*; and fear of failing. Most often; dreadful experiences cause man to make regrettable decisions.

**Prayers:** *Oh Lord; God of the universe; have mercy on me and grant me the grace to banish fear from my heart; in Jesus name; amen.*

The lack of faith in the heart of man does greatly displease God. Therefore when fearful events arise one must begin to meditate on the Word of God to repel or banish stress from the heart; and ask God to help us through. Fear in the heart is a sure sign of lack of faith in God. The heart devoid of faith is sure to be tormented or in *stress*. Whenever you are going through any form of temptation and your heart is being bombarded with the harmer or thoughts of *Stresses* you should begin to meditate on such verse as:

*In righteousness you shall be established; you shall be far from oppression, for you shall not fear; and from terror, for it shall not come near you. Isaiah 54: verse 14;*

*1<sup>st</sup> John 4: verse 18; There is no fear in love; but perfect love casts out fear: because fear has torment. He that fears is not made perfect in love.*



## CHAPTER ELEVEN

### Solutions for Stresses

#### **Solomon asked; for Wisdom to lead.**

*2<sup>nd</sup> Chronicles 1: verse 10; Solomon asked; give me now wisdom and knowledge to go out and come in before this people, for who can rule this people that is so great?"*

Serving others can be very stressful; therefore, King Solomon had to ask for wisdom in order to govern well.

Whoever you are; - a common house boy or a president of an organization; all that you need to serve well and without *stress* is wisdom. Wisdom relaxes the heart. When there are actions to take; when there are critical decisions to make leaders or ministers should be able to maintain their cool headedness.

Wherever you are called to serve; as technician or a medical doctor; if you must work without *stress*, you must get wisdom.

*Proverbs 4: verse 7; says; Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.* Wisdom will guide you to speak well or give out understandable instructions.

**God told Joshua to meditate on the Word, day and night.**

*Joshua 1: verse 8; says; This book of the law shall not depart out of Your mouth; but you shall meditate therein day and night, that you may observe to do according to all that is written therein: for then you shall make your way prosperous, and then you shall have good success.*

When there is no prosperity; or the successes are lean and not good enough for service; frustrations become *Stresses* which could terminate in death.

**Have understanding.**

For good successes or greater achievements one must seek to understand God and His Word better.

To avoid *stressful* circumstances and undue evil situations; you need to have understanding of the creator of all things. - *Proverbs 3: verse 13; says; Happy is the man who finds wisdom, and the man who gets understanding. Understanding of the God of Creations is made possible by His Word; whom He sent to reconcile us to Himself; to take our stresses away.*

Jesus says learn from me. In *Matthew 11: verse 29; He says; Take my yoke upon you, and learn from*

*me; for I am gentle and lowly in heart, and you will find rest for your souls.*

To be of a good service to humanity and to live a better lifestyle, one must learn from the character of Jesus our Lord. When you are *gentle and lowly in heart*, you cannot be consumed by *Stress*. Jesus is the Word of God; we must be in good fellowship with Him and let His Holy Spirit abide richly within us to be useful to our generation.

**Patience Overcomes Stress.** Luke 21: verse 19; says; *in your patience possess you your souls.* Patience is never anxious; therefore she is never *stressed* in any circumstance.

**Wisdom Is the Principal Thing.** If we must be able to help others satisfactorily and acceptably to God; we need wisdom. *James 1: verse 5; says; If any of you lacks wisdom, let him ask God, who gives to all men generously and without reproaching, and it will be given him.*

By Wisdom one can live a *stress free* life. All the anxieties to be better off than some other persons are just vain and *stressful* ministrations. All the begging for offerings to build and to buy worldly acquisitions; are just issues of *stresses*. Whenever we are insincere our hearts usually get apprehensive and fearful. Fear that so grips the heart is stress. Wisdom is not the same as

deceptions. To be deceptive is to have permitted ungodly counseling into our thoughts and our hearts.

All the pressures being put on congregations to extort money from them by ministers are due to *stresses*. Satan is the original trick star; so he has succeeded in teaching some ministers of this generation tricks which they think to be wisdom in administrations. As a result many Christians today who are supposed to be custodians of the truth are now political in character. Many also have become competitive because they are living in stress. All the competitions to possess the biggest and the best and largest congregations and cathedral; worldly materials are just *stresses*. All the wandering and organizations of wasteful crusades; desiring to be the best and greatest evangelists of our time are all *stresses*. All emotional display and the adverts of self and false programs are *stresses*.

*Do all things with love and with the mind to save others for Christ's sake.* In such circumstance you will not *stress* yourself by seeking to *outrun* others. You will not see rivals or competitors but "*fellow sheep*". You will not feel inferior. You will not feel unfulfilled. You will not be anxious. You will not be afraid. You will not feel superior and wanting to be

honored. Out of jealousy, the disciples of Jesus were unhappy when they saw others preaching Christ.

The desire to be better than our neighbors is the tension plaguing the entire human race in this era.

**Prayers:** *Oh; Lord help me to do all works compassionately for Christ sake.*

**Prayers:** *Lord; make me kind and a sincere giver. Destroy ignorant zeal from my ministry.*

Preach only the truth and don't exaggerate.

**Prayers:** *Oh; Lord; give me grace for sincerity in all I think or say or do.*

All hasty and insincere decisions are *stress* induced.

**Prayers:** *Oh; Lord; give me grace for patience in all I think or say or do..*

Those who are *stressed* are ignorant and afraid.

*They want to possess this world. They are worried for not able to have much. They think and believe that they have failed and as such no one will honor them.*

They think that the much that they have is what make them. They don't want to lose any material gains therefore they *stress* and struggle and boast in their ministrations.

Making promises one does not keep is as a result of *stress* in ministry. There are many men of God who make vows; promises; or decisions which they are not able to; or deliberately do not redeem or fulfill. People who make promises and fail are usually called hypocrites. They are unsecured and discontented. Such persons are said to be self-centered.

**Prayers:** *Lord; have mercy on me and give me the grace for contentment; in Jesus name amen.*

A heart that is contented is satisfied and relaxed and free from tension or *stress*. 1<sup>st</sup> Timothy 6: verse 6; says; *But godliness with contentment is great gain. Godliness with contentment is what couples have and do not permit their naggings and worries to stress them to become unfaithful to their marriage vows.*

Instead of a man going to a roof top to mourn his marriage; he should pick up a book like this and be reading and meditating on how to love his wife more. So a wife should do too.

Instead of feeling unloved and going out to meet with the serpent that will entice her to eat the forbidden fruit; the woman should settle down with a book like this. So a husband should do too.

## CHAPTER TWELVE

### PRAYER THERAPY

In 1<sup>st</sup> Thessalonians 5: verse 17; the bible says;  
*pray constantly,*

Life is a very complex and difficult process and the mortal man must depend on the immortal God to be able to live through successfully. The proper way to do this is by prayers without ceasing. In Luke 18: verse 1; *Jesus told them a parable, to the effect that they ought always to pray and not lose heart.* To lose heart simply means to yield to stress; therefore; you must pray always and not be discouraged.

*Stress is an evil spirit or demon that flees when we pick up our courage and pray.*

**Prayers:** *Lord; give me the grace not to give up in stress to despair; in Jesus name amen.*

*Stress is mostly caused by our dispositions.* For example; someone who has a competitive spirit is bound to undergo more stresses than the one who is passive.

Therefore, if one is able to relax his or her thoughts or to be contented, there will be little or no stress. *The lesser the stress; the lesser pressures; the lesser heart pains and the lesser illnesses will be.*

**Prayers:** *Lord; have mercy on me and remove the spirit of gambling and competitions from my heart; in Jesus name amen.*

Someone who does not easily forgive others their offenses usually have a lot of things to worry about. The mind that is so given to worries surely must have much *stresses*.

**Prayers:** *Lord; fill my heart with Your Holy Spirit and Power to be merciful and to be able to forgive all that offend me in Jesus name amen.*

Someone who has the mind to retaliate will always have *stresses*. Those whose hearts have been captured by fear are living continually in *stresses*. The fear of what others might say or do to what we say and do usually create a lot of apprehension on our hearts. These tensions in the heart sometimes cause immense pains in the body system.

**Prayers:** *Lord; have mercy on me and destroy the spirit of fear out of my soul, spirit and body; in Jesus name amen.*

For God has not given us the spirit of fear; but of power, and of love, and of a sound mind as in 2<sup>nd</sup> Timothy 1: verse 7

*Psalms 1: verse 1; says; blessed is the man that walks not in the counsel of the ungodly, nor stands*

*in the way of sinners, nor sits in the seat of the scornful. Anyone who walks in the counsel of the ungodly is in stresses. Satan or evil counsel include: “steal!”, “cheat!”, “get angry!”, “tell a lie!”, “hate!”, “fight!” etc.*

One who indulges in such acts is just been controlled by wickedness and is being influenced by stresses.

**Prayers:** *Lord; help me to resist and refuse the counsel of the ungodly, so that my heart will not be trapped in fears; in Jesus name amen*

Anytime one is thinking of retaliating on an offender, the heart will begin to beat faster; and this is stress. If care is not taken; the rate of blood pumping could get to crises point and become ache in the head or heart. This body reaction is also true with the manifestations of every unhealthy character and other thoughts like anger, lying, envy, hatred, contention, etc.

One way to be free from the torments or the laws which imprison the hearts with the chain of stresses is to begin to bear the fruit of the Holy Spirit.

*The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law; as in*

*Galatians 5: verses 22 to 23.* No law; simply means that the heart will be free from stresses and tensions.

There is no one who does not experience *stress*. When we know how to defuse *stress*; it becomes harmless. The neutralizing method of *stress* is to stop contending thoughts like anger, envy, hatred, etc.; and resort to prayers. *Prayers* with strong faith in God; and with an impartial love in the heart; praising God in every circumstance; is the best therapy for *stress*

**Prayers:** *Lord; empower my spirit to pray without ceasing and give me the grace to praise your Holy name in all circumstances of life.*

## **CHAPTER THIRTEEN**

### **THOUGHTS THERAPY**

Thought therapy means using your thoughts or thinking power to fight stresses and the effects of stresses.

Thoughts are powerful. The word of God says that as a man thinks so he is. That is if a man thinks he can succeed; he will surely succeed with diligent pursuit.

But when a man is thinking that he may fail; he is most likely to fail. There are both positive and negative thoughts in the heart of man.

The negative thoughts; of shame, fear, retaliations, envy; usually attract cause torments or pains or stress in the heart.

But the positive thoughts or thinking of kindness, forgiveness, and love, expel or remove stress from the hearts.

Negative thoughts are against the Word of God. They are the counsels of the ungodly or evil imaginations.

Positive thoughts are meditations on the promises of God; otherwise called faithful thoughts. Positive thoughts are more powerful and are able to overcome evil imaginations in the heart. But our

thoughts can only be positive and powerful if our hearts are filled with the Holy Spirit.

Our hearts can only be filled with the Holy Spirit when we are in obedience to the Word of God. *2<sup>nd</sup> Corinthians 10: verses 5 to 6; says; we can cast down imaginations, and every high thing that exalts itself against the knowledge of God, and bring into captivity every thought to the obedience of Christ; And have the readiness to revenge all disobedience, when our obedience is fulfilled.*

### **HOW TO AVOID STRESS HAMMER**

When the thoughts of fear come into your heart like a hammer; begin to think of the Word of God that can counter or repel it; like; *2<sup>nd</sup> Timothy 1: verse 7; which says; For God has not given us the spirit of fear; but of power, and of love, and of a sound mind.*

Continue to meditate on such verse until the grip of fear is loosen from your heart.

The thoughts of fear may not immediately go, because the spirit of evil does not easily let its captives go free. You must deliberately continue to affirm such verse until you are possessed by the contents or the message.

*Philippians 4: verse 8; says; Finally, brethren, whatever is true, whatever is honorable, whatever*

*is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.*

## **IN PROMOTIONS**

With the issues of promotions, stress could begin to apply the hammer of torments vigorously and mercilessly to the thought faculty of man.

It could be that promotion is delayed, or being denied.

It could be that others are being promoted effortlessly and one is mysteriously being denied his or her due promotions.

What should now be the solution to this problem?

How can this pain of no promotion *stress* be removed from the heart?

*Thought therapy; says; think about whatsoever that is true concerning promotion.*

The truth about promotion is that: - *Psalms 75: verse 6; says; Promotion comes neither from the east, nor from the west, nor from the south, but from the throne of God.*

When your promotion is delayed, or being denied; do not be worried but keep on believing and hoping that God will miraculously do it one day.

Let your thoughts be positive and totally centered on the Word of God; like the following verse in *Ephesians 3: verse 20*; *now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that works in us **be glory.***

Even if you are not able to pray, God can answer your thoughts according to the nature of your thinking.

All that you need to cast off the tormenting yoke of stress is to keep on thinking positively that your promotion will surely come from the Almighty God.

### **IN PROVISIONS**

Lacks of some basic necessities of life can create some painful tensions in the heart and cause one to begin to have sleepless nights and restless days.

*Thought therapy*; says; think of *whatever that is lovely*; like in *Philippians 4: verse 19*; *that my God will supply every of my need according to His riches in glory in Christ Jesus*. Then begin to say in your heart; repeatedly; “my God can supply all my desires”.

*2<sup>nd</sup> Corinthians 9: verse 10*; says; *He who supplies seed to the farmer and bread for food will supply*

*and multiply your resources and increase the harvest of your righteousness.*

**FROM PSALMS 23:**

*1 The LORD is my shepherd, I shall not want;*

*2 He makes me lie down in green pastures. He leads me beside still waters;*

*3 He restores my soul. He leads me in paths of righteousness for his name's sake.*

*4 Even though I walk through the valley of the shadow of death, I fear no evil; for You are with me; Your rod and Your staff, they comfort me.*

*5 You prepare a table before me in the presence of my enemies; You anointed my head with oil, my cup overflows.*

*6. Surely goodness and mercy shall follow me all the days of my life.*

**IN PROTECTIONS**

Sometimes you are tempted to be afraid and doubting if you are really protected. This fear of insecurity can be very stressful to the heart. In this circumstance anything could make the heart to experience a shock and get stiff. Actually the heart that is fearful is accommodating evil or negative thoughts.

*Thought therapy; says; think of whatever that is pure. So begin to think positively of safety. To begin to think of whatever that is pure, is to permit the Holy Spirit inflow and presence within the heart. Matthew 5: verse 8; says; Blessed are the pure in heart: for they shall see God.*

As the heart keeps meditating on the pure Word of God about how God can protect those who put their trust in Him, stresses are eliminated.

Some of such verses are:

1. *Psalms 91: verse 2; I will say of the LORD,, He is my refuge and my fortress: my God; in him will I trust.*

2. *Psalms 94: verse 22; But the LORD is my defense; and my God is the rock of my refuge.*

3. *Psalms 105: verse 15; says; Touch not mine anointed, and do my prophets no harm.*

### **IN PERSECUTIONS**

No one faces persecution with ease, except the one who has been able to subject all negative thoughts with his or her positive thinking; coupled with the unwavering faith in the unfailing Word of God.

In persecution, the thought therapy is to begin to meditate on those promises of God on how He can divinely defend you. *Isaiah 54: verse 15; says;*

*Behold, they shall surely gather together, but not by me: whosoever shall gather together against you shall fall for your sake.*

*Deuteronomy 28: verse 7; says; The LORD shall cause your enemies that rise up against you to be smitten before your face: they shall come out against you one way, and flee before you seven ways.*

*Isaiah 54: verse 14; In righteousness you shall be established; you shall be far from oppression, for you shall not fear; and from terror, for it shall not come near you.*

*Numbers 23: verse 19 God is not man, that he should lie, or a son of man, that he should repent. Has he said, and will he not do it? Or has he spoken, and will he not fulfil it?*

## **IN POWER**

Times of trials, confrontations and contentions, are usually the periods to exercise powers. At such seasons some hearts are doubtful; *thinking* if they actually have power or not. Some doubtful *thoughts* usually cause great pains in the heart. These doubtful thoughts are actually fearful thinking. The Word of God says; “**F**ear has torments” as in. *1<sup>ST</sup> John 4: verse 18; saying; There is no fear in love; but perfect love casts out fear: because fear has torment. He that fears is not*

*made perfect in love.* How then can these tormenting thoughts be pacified? *Thought therapy for stress; says; think of whatsoever things are of good report.*

Such verses below are of good reports:

*In Mark 16: verses 16 to 18: He that believes and is baptized shall be saved; but he that believes not shall be damned. .. And these signs shall follow them that believe; .. In my name shall they cast out devils; they shall speak with new tongues; .. They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover. ..*

*Luke 10: verse 19; says; Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.*

What you need to drive off stresses from your heart is to consistently meditate on such verses above and keep believing that you have *power*.

### **Deadly effects of stress**

*Stress* is here defined as a state of “anxieties”; “impatience” coupled with “irrational actions”. In this situation of life; man is capable of doing so many regrettable things; like going into: “Drug addiction”; falling into “Accident”; getting

“Suicidal”; etc. When the case of *stress* gets to this point in the life of any person; it can best be described as deadly.

*You must by all means not allow this to happen to you or to anyone you love.*

### **PROMISES OF GOD**

Causes of *stress* can mostly be attributed to both the *lack of the knowledge*; and *the ignorance of the promises of God*.

Anxieties for promotions; and provisions; terrors during persecutions and problems; God has abundant promises to help us go through and overcome the various *stresses*. *2<sup>nd</sup> Peter 3: verse 9; says; The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance. 2<sup>nd</sup> Corinthians 1: verse 20; says; all the promises of God in him are yea, and in him Amen, unto the glory of God by us.*

Some persons are anxious to see their enemy die; but God is not willing that anyone perish. Some of these enemies may be very wicked; but the creator has a purpose for allowing them to continue to live. Until that purpose is achieved they would not die no matter how stressed one may be. If you are that anxious to see your enemy

dead you may *stress* yourself to an early grave. Stop worrying.

Some persons are worried and stressed thinking they would die; but God does not want them dead yet. Stop fretting.

*Some are stressed with impatience to get the promotions or provisions.* God is not slack; He will provide for or promote anyone due at the appointed time. *God never come late; He never forgets to come at the right time.* Whatever God has promised, He will surely do. *Jeremiah 29: verse 11; says; I know the thoughts that I think toward you, says the LORD, thoughts of peace, and not of evil, to give you an expected end.*

*AND John 14: verse 1; says "Let not your hearts be troubled; believe in God, believe also in me.*

*John 14: verse 2; says; In my Father's house are many rooms; if it were not so, would I have told you that I go to prepare a place for you?*

*John 14: verse 27; says; Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.*

The heart that is troubled is in stress. The heart that is afraid is in stress. "Worries" or "Anxiety" is stress. *Philippians 4: verse 6; says; Have no anxiety*

*about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

**Conclusion:**

**Avoid the Negative ABCD**

1. Avoid Anger and anxiety. Avoid getting angry and getting anxious.
2. Avoid Bitterness and Blaming. Avoid getting bitter and avoid blaming situations; circumstances; objects or persons.
3. Avoid Carelessness and Complaining. Avoid being careless and do not be complaining.
4. Avoid Despair and Discouragement. Do not be easily discouraged and do not give up too quickly.

**Prayers:** Oh God; I pray that whoever reads this book shall be free from the plague of stress; in Jesus name; Amen.

