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Stress Free

I read an article about one of the main reasons people get sick, and when I saw the headline, my thoughts went directly to the food that we eat. I figured I was about to read another essay on vegetables being good for you and everything else being bad. I have known that for years, and I still like steak a whole lot, but I went ahead and read it anyways. So, as I started reading, I was shocked to discover that stress was one of the greatest causes of all kinds of sickness in our body. It talked about how many people live in constant worry and stress each day and this emotional turmoil has the power to damage our physical body.

I can relate to this article because in my past I can look back to times when I accepted worry in my life about things that I could not change, and it wasn't long that I would be fighting an illness. It's really amazing how much pressure we can allow ourselves to be under and still survive. In our generation, with everything moving faster and faster, people are worrying more and more. In fact, dangerous mental drugs are at an alarming rise around the world today, as more and more people are searching for any kind of relief. They are hitting the end of their own ability to deal with everyday problems, so the smallest problem can push them over the edge. Drugs and alcohol are becoming a sedative to make it through to the next day because the people of this world have nowhere else to go for help. Stress has that power, to build and build, until it can take the strongest people to the end of themselves.

One time I heard about a couple who lost their child many years earlier in a very sudden and tragic way. Out of their grief they kept the child's bedroom the same, even the toys were left exactly in the same place that child last played with them. Everything was left the same in the room for many years, as the mother had a difficult time letting go. She started to have health issues, and she went to many different doctors, and they could never find the root cause of her sickness.

Finally, one doctor began to ask questions that were off the topic of sickness, and he quizzed her about her life. He asked if he could make a trip to her home and while he was there he found the bedroom of this lost child. The doctor confronted the lady and gently made her give away and throw away everything in that room. He said that she wept with each box of her child's stuff that she removed from her home. She had let grief and stress build up for so long that it became normal to her. She had simply lived in it, and did not realize how much it had become a part of her. It was time to release it, and it wasn't long after that all of her illness disappeared.

When we carry our own burdens in this life, it will always catch up to us. That is why it is so wonderful to belong to the Family of God. It says, "*The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.*" (Psalm 28:7). The moment we accept that we actually have a Father who loves us, and wants to carry those burdens for us, we are on the road to peace and victory. The world does not understand this concept of living a stress free life. They are responsible to figure out each problem and find the solution. The world is alone and must figure out every step and every

answer on their own; if they don't, no one else will. They do not have a Father who will care for them and lead them. However, you and me, we do have a Father who knows everything about us and He loves us. We have a Father that we can trust who wants to lead our every step into victory.

If you find yourself in a place where you are carrying the worry and stress of everyday problems, and if the cares and burdens from your past have built up inside of you, then please take a moment, go outside and yell as loud as you can..."I AM NOT ALONE". I mean it; yell it so that your neighbors get jealous of how free you are. Read in Hebrews 13:5, "*Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."*" Keep saying, "I am not alone", until you realize that you really are not under all of the pressure that the world says you are. Questions like, "How will I every pay for that? What about my family's problem? What about my future?" - these are all questions that God wants to work with you to answer.

For me, it was never difficult to believe that God was an incredible Healer, Provider, Protector or Deliverer. I've always trusted that God is faithful to His Word, but my difficulty came when I had to look at myself. I knew my faults, and my struggles, so even though it was easy for me to trust that God was faithful I had a hard time seeing me as someone who was worthy of receiving the wonderful blessings from God. I had to stop looking at who the world said I was and start accepting who God says I am. He is my Father and He birthed me the moment I was born again. He knows my faults and still fully accepts me, and believes in me. He provides for me based on what Jesus did at the cross, and not by what I've done.

The devil will attempt to get you to believe that you are all alone in your struggles and in your life. He will work relentlessly against your mind and give you many reasons of why God has disqualified you from His blessings. The enemy is attempting to get you to walk alone in this life and stop you from even attempting to receive the love of a wonderful Heavenly Father. The devil is a liar, and if he is talking about you he is lying. You are God's beloved, and it is always His greatest pleasure to shower you in His blessings.

So many Christians live a life of carrying their burdens and struggles on their own when they don't have too. They live just like the world does, with the stress of life squarely on their shoulders. They live for God and serve Him, and yet they don't believe that they are worthy of His blessings. John 17:15-16 says, "*I do not pray that You should take them out of the world, but that You should keep them from the evil one. They are not of the world, just as I am not of the world.*" You and I may be living on this planet and are surrounded by the schemes of this world but we are no longer of this world. We belong to a different place, a place called Heaven where we have access to everything we will ever need.

I want to share with you that you don't need to spend one more moment carrying any more stress. Your Heavenly Father is longing for you to allow Him into your business. He has plans for every single situation that you will ever face, and He also knows how to heal you from your past. Please, take some time each day and talk to God; seek His advice and direction because you will discover, just as I have, that He really does love you, and He really does care about you. Be at peace and trust God because you are not alone.

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