

Stressed Out? Don't Be!

Surely by now, most who receive our monthly, "Walk of Faith," have surmised that the studies are composed by different members of our small little ecclesia. Well, it's my turn again and I'm feeling a bit stressed. No pun intended.

Stressed? Just about everyone you may run into today seems a bit on edge. Whether due to the global pandemic, perhaps the way your government is being run, politics in general, maybe a health crisis or financial setback. Or simply a battle with time management you're dealing with. It does seem that no matter whom you talk with these days, a predominant feeling occupies their minds that time is flying by like never before!

From one day to the next, newspaper headlines and broadcasts offer quick changes yet ironically never really offer beneficial, lasting change: Armies invading neighboring countries, assassins toppling governments, earthquakes, wildfires of destruction, politicians stealing the public blind, something new causing cancer or this global pandemic altering life the way we knew it. If you're anything like me, you sometimes feel overwhelmed by the chaos and suffering everywhere.

I usually like to open up with how the study came to be...

One day I turned to the Book of Nahum. When I got to verse 7 in the first chapter, I stopped.

Nahum 1:7

7 The LORD is good, a strong hold in the day of trouble; and he knoweth them that trust in him.

I paused and thought...this verse could make for a decent study.

The LORD is a stronghold in the day of trouble.

Stronghold

04581. *zwem ma`owz, maw-oze'*

(also mauwz {maw-ooz'}); or mahoz {maw-oze'} (also ma,uz {maw-ooz'}; from 5810; a fortified place; figuratively, a defence:--force, fort(-ress), rock, strength(-en), (X most) strong (hold).

The NIV states:

7 The LORD is good, a refuge in times of trouble. He cares for those who trust in him.

So I looked up the definition of refuge:

- *A condition of being safe or sheltered from pursuit, danger, or trouble.*
- *Something providing shelter.*

Alright I think...This idea could work! Turn to Him in times of trouble. He knows perfectly well what each of us is dealing with and going through. After all, doesn't He allow it?

Stressed Out_Don't Be

There are days when nothing seems to make sense, being convinced you're the last surviving sane person. On days when I feel this way, it helps when I pray to the Father and share my burden with Him. That doesn't mean things will change overnight, or necessarily change at all! Praying just makes me feel better, allowing me to become fully aware that He is always on board with me, instantly understanding my situation where I am.

Let's have a look at Psalm 18:2,3

2 The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. 3 I will call upon the LORD, who is worthy to be praised: so shall I be saved from mine enemies.

Isaiah 12:2

2 Behold, God is my salvation; I will **trust**, and not be afraid: for the LORD is my strength and my song; he also is become my salvation.

From Noah, Abraham, Sarah, Isaac, Jacob, Joseph, Moses, Job, the Prophets, and the Apostles, we see how stress pushed these folks to accomplish the goals that were set before them by the Planner of Salvation.

James 5:10~11

10 Take, my brethren, the prophets, who have spoken in the name of the Lord, for an example of suffering affliction, and of patience. 11 Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.

Heb 13:5~7

5 Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. 6 So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me. 7 Remember them which have the rule over you, who have spoken unto you the word of God: whose faith follow, considering the end of their conversation.

Verse 7 in The Complete Jewish Bible states:

Reflect on the results of their way of life and imitate their trust.

Remember the goal of faith is not about achieving lesser levels of stress or attaining what the world lauds as success in life. Faith is shown through our trust and belief that the Almighty is with us throughout our daily lives as well as in the midst of stressful situations.

2 Corinthians 4:6~9

6 For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.

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7 But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us. 8 We are troubled on every side, yet not distressed; we are perplexed, but not in despair; 9 Persecuted, but not forsaken; cast down, but not destroyed;

There is a Man who experienced the most stressful life of anyone who has lived or will ever live on this earth. He was sinless hence did not deserve to be punished because He never committed any crime. Because of His love for us, He accepted an unparalleled mission that enabled the hope of salvation for all humanity. He doesn't want us to be under the penalty of sin which is spiritual death. He wants us to share in Him everlasting life. He is Yahshua, the Son of the living God, our Savior and our strength in whom we trust.

John 17:1~5

1 These words spake Jesus, and lifted up his eyes to heaven, and said, Father, the hour is come; glorify thy Son, that thy Son also may glorify thee: 2 As thou hast given him power over all flesh, that he should give eternal life to as many as thou hast given him. 3 And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent. 4 I have glorified thee on the earth: I have finished the work which thou gavest me to do. 5 And now, O Father, glorify thou me with thine own self with the glory which I had with thee before the world was.

During His 3 ½ year ministry, Yahshua chose to carry the heaviest burden of all. He took on the sins of all mankind and died a tormenting death on the stake. His blood paid the collective human penalty of sin once and for all. He was pushed beyond any human limit physically, emotionally, mentally as well as spiritually. He was solely dependent upon the Father for courage, strength and endurance.

John 8:28~29

28 Then said Jesus unto them, When ye have lifted up the Son of man, then shall ye know that I am he, and that I do nothing of myself; but as my Father hath taught me, I speak these things. 29 And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him.

John 13:3

3 Jesus knowing that the Father had given all things into his hands, and that he was come from God, and went to God;

1 Peter 5:6~11

6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: 7 Casting all your care upon him; for he careth for you. 8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: 9 Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world. 10 But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you. 11 To him be glory and dominion for ever and ever. Amen.

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John 14:23

23 Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him.

*Say a quiet prayer to Him in times of trouble and He'll be there.
Take Him up on His promises by talking to Him on those days when you feel as helpless
as a wind-tossed boat. He wants to be the calm amid your turning, twisting and
ever-changing world.*

Remember Nahum 1:7

7 The LORD is good, a strong hold in the day of trouble; and he knoweth them that **trust** in him.

Trust in Him
Selah

All Scriptures KJV unless otherwise noted

Proverbs to Ponder

18:10

The name of the LORD is a strong tower: the righteous runneth into it, and is safe.

29:25

The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.

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