

Stress

“Pray for ___ and ___ as we will continue to be under tremendous stress with making final preparations for our new life together!” – on Facebook

I am no fun at funerals because all they mean is that we will not be able to see that person for awhile. I chewed out a couple of my aunts for talking about my 98 year grandmother like the body in the casket was her and they were crying about her. They were crying at the funeral and the preacher said, “Don’t cry for your mother, she’s having a great time. You can cry for yourselves if you wish, but not for her.”

I am about to be “no fun” as you prepare for your wedding and as I mess around in your affairs.

Outside of showing up at the church on time, everything else is of our choosing. So the “tremendous stress” is of our making and we can make decisions that lead to less stress instead of more stress. I am going to make a scriptural case showing stress is not God’s will and not God’s best.

Work related stress

God wants us to work hard at what we are doing and our endeavors. God wants 100%. I understand work related stress. Our printing company took high quality printing jobs that had fast turn-around times. We did a lot of ad agency and promotional jobs. We also had to make money and pay bills plus make payroll. So, I understand it is easier for me to say, “Don’t be stressed” than to live stress free. But, just because I’m not perfect doesn’t mean we have any excuse for not being peaceful. Peacefulness is a gift that the world doesn’t give.

Peace

Isaiah 53:5 (New King James Version)

But He *was* wounded for our transgressions,

***He was* bruised for our iniquities;**

The chastisement for our peace *was* upon Him,

And by His stripes we are healed.

The word “peace” is the Hebrew word “shalom”. It means: completeness, safety, soundness in body, welfare, health, prosperity, peace, quiet, tranquility, contentment, friendship.

Jesus paid a high price so that we could have a peaceful wedding. Next time you watch *The Passion*, think, Jesus did all that so we could have a peaceful wedding and a peaceful life.

John 14:27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. NKJV

The world did not give us peace. Jesus gave us his peace and he got it at a high price.

Romans 14:17 for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.

The Kingdom is a kingdom of peace.

Romans 14:19 Therefore let us pursue the things *which make* for peace and the things by which one may edify another.

We are to chase after peace. Always go the way that leads to peace. When making wedding plans, ask if it leads to peace. If it does, do it; if it doesn't back off.

Philippians 4:7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

The world cannot understand the peace we feel. Many times people have felt like I should be worrying about something and they cannot understand why I am not upset.

The word "peace" appears in the Bible 429 times. The way to develop peace in our lives is to meditate on the "peace" verses.

Cares

There have been things written about Paul's thorn in the flesh.

2 Corinthians 12:7

7 And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure.

2 Corinthians 11:28

22 Are they Hebrews? So *am* I. Are they Israelites? So *am* I. Are they the seed of Abraham? So *am* I. **23** Are they ministers of Christ?—I speak as a fool—I *am* more: in labors more abundant, in stripes above measure, in prisons more frequently, in deaths often. **24** From the Jews five times I received forty *stripes* minus one. **25** Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep; **26** *in* journeys often, *in* perils of waters, *in* perils of robbers, *in* perils of *my own* countrymen, *in* perils of the Gentiles, *in* perils in the city, *in* perils in the wilderness, *in* perils in the sea, *in* perils among false brethren; **27** in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness— **28** besides the other things, what comes upon me daily: my deep concern for all the churches.

A good case could be made that "care for the churches" was Paul's thorn. Satan hit him daily with that. It was not Paul's job to worry about the churches. He equates worry with a lot of bad stuff.

1 Peter 5:6-7

6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, **7** casting all your care upon Him, for He cares for you.

One way of humbling ourselves before God is saying about our self what God says about us. Remember Mary said, "henceforth all generations will call me blessed" All Mary was saying was what God said; she was not on a ego trip. We can say about a problem, "I don't care." It may sound bad but it is what the Word says to do. God is wanting us to give our cares to him.

Luke 21:34 "But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly. NKJV

Jesus equates cares of this life to carousing and drunkenness.

Mark 4

18 Now these are the ones sown among thorns; *they are* the ones who hear the word, 19 and the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.

This is the biggie. We cannot afford to have the Word that is sown in us be unfruitful. We need all the help we can get. The Word is where faith comes from. As we meditate in the Word, faith is built on the inside of us.

Faith

One thing we note by looking at the recorded healings in the Bible is that these healings were the work of the individual's faith. It was Jesus' power, but the recipient's faith that got them healed. God is moved by faith, not need. We receive from God by faith.

Mark 11

23 For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. 24 Therefore I say to you, whatever things you ask when you pray, believe that you receive *them*, and you will have *them*.

When you say you are stressful and Jesus says that you can have whatever you say, you will be stressful. When you "feel" stressful, say, "Thank God I have been given God's peace."

I have jotted down these thoughts to help you decide about what to do on your wedding weekend. A close friend said he spent his wedding night holding his brides hair back while she threw up.

Jesus does not get any glory by having a poorly planned weekend, but he also doesn't get any glory by having a weekend so filled with activity that it is stressful. The weekend God wants us to have is a peaceful time, full of interaction between friends and family; and also it is important for us to have fun.