

There is a medical stress chart today that assigns stress points to crisis events in life - loss of a child or spouse, loss of a job, taking out a loan, vacation, Christmas, divorce, etc. The study which produced the chart showed that people who accumulate 200 stress points in a one year period have an 80 percent chance of becoming ill and being hospitalized. Now we know why we call someone who aggravates us, "A pain in the neck" and want to tell them, "Get off my back."

Most of our stress comes from wanting far more material things than we need. We buy things we don't need, with money we don't have, to impress people we don't like."

SET PRIORITIES

(Mark 3:20-21)

"A crowd gathered and He and His disciples were unable to eat / His family came to take Him (Jesus) away (back home) because they thought He was out of His mind."

A new aircraft controller, fresh from the hills of Georgia, heard this over his radio; "USA Flight coming in East to West on runway 7". He said "10-4". Then he heard, "TBS Flight coming in West to East on runway 7." His response was, "YA'LL BE REAL CAREFUL OUT THERE!"

Stress is the feeling of being out of control. The top three professions suffering from it are nurses, air traffic controllers, and Pastors. Far too many of us, suffer because we are trapped with jobs we don't like and bills we can't pay,

Jesus barely had time to eat or pray (Read Mark 1:32-39). He had a gospel to preach throughout Galilee. He had disciples to train so He could leave His work with them. His family pulled on Him to come home and rest. The crowds pulled on Him to heal them. The Spirit of God pulled on Him to take time to pray. With all this, He was *not* stressed because He was doing exactly what He felt like God wanted Him to do.

The READER'S DIGEST told of a frustrated young wife and mother who confided in her mother, saying; "Mom, when we were young, you always seemed to have time to talk with us and be there when we needed you, for as long as we needed you. Our house looked nice, you had time for daddy and you never seemed to be in a hurry. I try, but I can't do it." The mother said, "Honey, I was as busy as you. Many times when we talked, you could have found a pile of dust under the beds. I knew you would not be with me long, but that dust would still be there when you and I were finished."

The main thing in life is to make the main thing the main thing.

BIBLE MEDICINE

(Proverbs 17:22)

"A cheerful heart does us good like a medicine."

Plato said, "The greatest mistake physicians make is that they attempt to cure the body without attempting to cure the mind; yet the mind and the body are one and should not be treated separately."

"Things like worry, stress and anger won't cause us to miss heaven, but they will send us to heaven early."

In the thick fighting of the Civil War, General Grant, was half blind with a sick headache. He wrote in his diary, "I spent the night bathing my feet in hot water and mustard and putting mustard plasters on my wrists and neck, hoping to be cured by morning." When morning came, he was still sick. An officer appeared with the message that Lee had surrendered. Grant wrote these words, "I was suffering, *but the instant I saw the contents of the note, I was cured.*"

If you keep your nose to the grind-stone rough
And leave it down there long enough;
These three will your world compose
You, the stone and your ground-down nose.