1Thess 44

Stress is optional

We will open back up in 1Thessalonians chapter three.

I would like to keep a young man named Demetrious in our prayers.

My close friend and brother in Christ Jimmy, has asked we pray for his son Demetrious who has a medical issue that needs our unity in prayer.

As we go forward in the first letter to the church of the Thessalonians,

We see the Apostle Paul continues to be concerned about the Bels in Thessalonica. He has affection for them but there is an underline concern that has him deeply troubled.

1Thes 3:1 Therefore, when we could no longer endure *it,* we thought it best to be left behind, alone at Athens,

As I mentioned before and we studied last lesson the Apostle Paul showed good leadership skills by incorporating men he trusted in some of his decisions.

Men like Dr. Luke, Silas and Timothy were involved in this current decision.

[1Th 3:2](https://www.blueletterbible.org/nasb20/1th/3/2/s_1114002) and we sent Timothy, our brother and God’s fellow worker in the gospel of Christ, to strengthen and encourage you for the benefit of your faith,

/[1Th 3:3](https://www.blueletterbible.org/nasb20/1th/3/3/s_1114003) so that **no one would be disturbed by these afflictions**. For you yourselves know that **we have been destined for this.\**

The part many Bels miss in this scripture is that, even though Paul and his men kept facing struggles and adversity, as the leader, the Apostle Paul did not want those under his authority to be disturbed by it.

He knew that Satan and the cosmic system, are set against positive Bels. When you get beyond the immaturity level of being a Christian you realize stumbling blocks or attacks are par for the course.

[1Th 3:4](https://www.blueletterbible.org/nasb20/1th/3/4/s_1114004) For even when we were with you, we *kept* telling you in advance that we were going to suffer affliction; and so it happened, as you know.

[1Th 3:5](https://www.blueletterbible.org/nasb20/1th/3/5/s_1114005) For this reason, when I could no longer endure *it,* I also sent to find out about your faith, for fear that the tempter might have tempted you, and our labor would be for nothing.

The Apostle Paul was more concerned that Satan and his army had begun attacking this new group of Bels.

/Leadership calls for standing out front accepting the brunt of adversity when it strikes. Good leadership is pro-active and can foresee trouble before it reaches those under their charge. Before ripples of fear or anxiety travel into the masses a good leader will absorb the problem and do their best to resolve it before it spreads.\

Adversity is inevitable but stress is optional.

Many people quickly follow those in leadership whether it is emotional or irrational it does not matter. People often look for cues from those they respect and in turn, they take whatever cue a leader gives off and run with it for better or worse.

/It doesn’t matter if it is a congregation, a business, a family or a nation - adversity will occasionally strike and what the leaders do is often imitated by those under their authority. Anxiety or stress become an option once the adversity has struck and that reality sinks in. Most will fall into an emotional wave but good leaders and those with BD adjust, gain their balance and quickly arise to the challenge.\

Turn to 1Peter chapter 5 RF.

We choose our state of mind. Your thoughts are your own responsibility.

YOU ARE A SLAVE TO WHATEVER RUINS YOUR PIECE OF MIND!

God never coerces our decisions, nor does HE ever manipulate free will.

He allows us to choose for or against His plan - every day is new!

It is impossible to be unhappy in God’s plan.

REPEAT

/There is no guarantee that after salvation happiness will miraculously show up on our doorstep. God desires His creatures to be happy, yet there is a standard or a formula in place for that in the temporal. The requirement is dependent on the two power options (filling of the HS & BD), spending your time learning about who He is. The height of divine happiness is occupation with Christ, striving toward that goal is the only path to secure contentment.\

We either continue to strive toward the goal of occupation with the person of Jesus Christ by renewing our mind with the Word of God,or we don’t.

This includes giving thanks in the difficult times, or we can focus on the problems and continue to live in misery and stress. What you sow is what you will reap in the long run.

We make our own choices in life, and in the end we only have ourselves to blame.

REPEAT

1Peter is considered a crash course on Hermeneutics. Which is the theological term for how you interpret your Bible.

It covers a good stretch of Hermeneutics related to the ICE principle all pastors should adhere too.

The true grammar or original language of any scripture, we call – Exegesis.

The Categorical standard of scripture interpreting scripture. And the historical context we know as Isagogics.

Funny how a hot-headed, simple fisherman was responsible for such deep theology.

1Pe 5:5 You younger men, likewise, be subject to *your* elders; and all of you, clothe yourselves with humility toward one another, because GOD IS OPPOSED TO THE PROUD, BUT HE GIVES GRACE TO THE HUMBLE.

Clothe yourself means put on the new nature!

This is set in the imperative mood meaning this is a command. This state of mind is the key – humility.

/*The elders* were a term for rank and authority not just age – *presbyteros.* True humility respects a chain of command and is obedient or respectful toward authority. This is a sign that teachability resides in that soul structure. Those who have accepted God’s grace and have humility have the greater concepts of positivity in their heart.\

PRES-BOOT-AROS, this often times was a reference for church leadership, such as pastors or deacons.

Those who struggle with respecting authority and reject the word of God often are the ones to reject the office of pastors and church leaders.

Which only hinders their own spiritual walk over time.

[1Pe 5:6](https://www.blueletterbible.org/nasb20/1pe/5/6/s_1156006) Therefore humble yourselves under the mighty hand of God, so that He may exalt you at the proper time,

Bels who can not handle adversity and live in stress and anxiety are usually struggling in other areas related to authority, humility and how they view the WORD of God.

Obviously, some people struggle with anxiety or fear-based issues due to a chemical imbalance. But that is a smaller portion than what most people claim it is.

If the world would openly embrace God’s word with humility…Big Pharma would be out of business inside of 3 years.

This humility comes from our relationship with Christ, you can not wish or work your way into this state of mind related to true humility.

This humility is learned through BD – it opens up a heart of peace and acceptance that GOD and His word are the only answer.

/[1Pe 5:7](https://www.blueletterbible.org/nasb20/1pe/5/7/s_1156007) **having cast all your anxiety** on Him, because He cares about you.

This speaks to make a conscious decision to start trusting everything to God’s power and God’s plan.\

To thrust all thoughts upon God. The Amplified Bible has a great version of this scripture related to the original context;

/Amp- 1Pet 5:7 Casting the whole of your care – all your anxieties, all your worries, all your concerns, once and for all - on HIM; for He cares for you affectionately, and cares about you watchfully.\

There is a reference to Psalms chapter 55 within this version as well.

/Psa 55:22 Cast your burden upon the LORD and **He will sustain you**; He will  
never allow the righteous to be shaken.

This strength of mentality takes a journey into the WORD and dependence upon our union with Christ to have consistency in the Bels life.\

What the Apostle Peter is teaching is an inner strength that has to be real! The counterfeits of Satan’s cosmic system will not hold up under repetitive adversity.

He then clearly gives an accurate warning.

/[1Pe 5:8](https://www.blueletterbible.org/nasb20/1pe/5/8/s_1156008) **Be of sober** *spirit,* be **on the alert**. **Your adversary, the devil**, prowls around like a roaring lion, seeking someone to devour.

Be balanced, awake and alert! This all points to mental attitude clarity.\

*Nēphō* (NAY-FOE)*–* to be sober, but it also meant a spirit or soul that is calm, there is clarity of mind.

Dispassionate is also used in the description, which means very calm and balanced, just the opposite of an emotional response.

Emotions cannot think!

/1Pet 5:8 – *Your adversary, the devil*

*Antidikos-* legal opponent*.*

*Diabolos-* accuser, slanderer, one who attacks or deceives with false accusations. Devil who stands against God.\

ANTI-DEE-CUS DEE-OBLOS – it is a strong statement using a term for enemy twice! ENEMY… ENEMY!!

/[1Pe 5:9](https://www.blueletterbible.org/nasb20/1pe/5/9/s_1156009) So **resist him, firm in *your* faith**, knowing that **the same experiences of suffering**are being accomplished by your brothers and sisters who are in the world.

Faith rest means we stand firm in what we claim to believe. We stand in God’s word.\

The Apostle Peter gives us a great problem solving device and he clearly states other Bels are going through the same thing…many Christians have gone through worse than what you face in any given moment.

You have the victory in Christ, that is why Satan can only appear like a lion…he can only roar, TLJC is the true Lion of Judah.

Satan can never take your salvation from you the only thing he and his fallen army can do is confuse the Bel.

They can set the Bel backward in their spiritual walk, that is it!

If you are stumbling backward because of Satan, or losing blessings and rewards because of adversities in the cosmic system…that is on you.

/[1Pe 5:10](https://www.blueletterbible.org/nasb20/1pe/5/10/s_1156010) After **you have suffered for a little while**, the God of all grace, who called you to His eternal glory in Christ, **will Himself perfect, confirm, strengthen**, *and* **establish** *you.*

If the Bel walks forward in the plan of God, the work of God’s power and grace will perfect, strengthen and establish them!\

The call that the Apostle Peter is commanding Bels is that they gain the humility and remain teachable and God will do the work.

I want to close today with some very important principles related to adversity and contentment.

Unbels can have a level of happiness.

It is unfortunate that many Unbels are more content and able to handle adversity better than many Bels.

/Without belief in Jesus Christ, the Unbel can only rely on the divine laws of establishment given to every member of the human race in the Mosaic law. The Unbel must rely on integrity or honesty, and upholding the rights of life, law and liberty, for them to find contentment in a cosmic system riddled with adversity. \

If the Unbel can respect God’s laws of freedom, privacy, and property given to men that are true divine laws of establishment they can have a taste of divine happiness.

Yet they still end up in the lake of fire.

/Unbels that fail to live by the divine laws of establishment, and Bels that fail this as well as rejecting BD will result in some form of psychosis or breakdown. It may show up in the form of fear, anxiety, criminal insanity, addiction, anger or depression… etc. Inevitably when God’s plan and God’s word is removed from the life of mankind the adversities, evil and OSN we are surrounded by every day close in and touch us in very disturbing fashion.\

There are rare cases when someone is born with a slight chemical imbalance or mental trauma from childhood where medications may be helpful.

The Bible emphatically says that human solutions, such as psychology or overindulgence in pharmaceuticals are NOT the solutions.

Problem solving and divine solutions (Bible Doctrine and the divine laws of establishment) are the only solutions.

REPEAT

/The problem with psychology is focusing on the problem, instead of offering real solutions. The problem with pharmaceuticals is addiction, liver damage and placing a band-aid on a deeper problem. The medical field is designed to assist life along with God given cures and God given solutions as the driving force behind mental health.\

Especially in the arena of mental health!

If you allow the outside pressure of adversity to become the inside pressure of stress in the soul, you are in the 1st stage of reversionism.

If you keep going down a pathway moving away from BD and refusing to adjust to the justice of God you go deeper into reversionism and it becomes very dangerous. It will put scar tissue on your soul.

/When we sin, we choose to sin. The sin nature simply tempts us, and then we use the volition in our soul to choose to sin. So fear, anxiety and stress (all emotions out of control) become sin when they are allowed to reside in the soul. The maturing Bel quickly gains their emotional balance after adversity or problems strike. Therefore, this never becomes an issue for them.\

Only the 2 power options of the filling of the Holy Spirit and the accumulated knowledge of Bible Doctrine can defend us from this temptation.

Lack of these is lack of real strength.

When we sin, it is inevitable that stress will be present inside the soul, and if we fail to rebound, we move deeper into reversionism.

REBOUND

/The choices we make for or against the word of God will dictate our spiritual, mental and even physical health in the future. Adversity is inevitable but stress is optional. Meaning stress that finds a home in your soul, not a momentary struggle before the Bel gains their spiritual footing. What you live in daily is dictated by the library within your soul.\

What happens to many Bels is they have embraced a lifestyle outside of BD. They have found aspects of the cosmic system interesting enough or suitable enough to allow that to guide them.

This leads to reversionism and GOD will not ignore your backward motion month after month and year after year.

God is long suffering and HE has a way of holding up stop signs to warn us - but at some point HE will step in.

/Jhn 12:40 “HE HAS BLINDED THEIR EYES AND **HE HARDENED THEIR HEART**, SO THAT **THEY WILL NOT SEE** WITH THEIR EYES AND UNDERSTAND WITH THEIR HEART, AND BE CONVERTED, AND *SO* **I WILL *NOT* HEAL THEM**.”\

(Warning from Isa)

God allows us to reap what we sow for a period of time and within that, is self- induced misery that is very uncomfortable.

The damage from self-induced misery can take months to get back from.

The damage from God stepping in after self-induced misery doesn’t work and dropping divine discipline upon a negative Bel - can take even longer to climb back from.

Lifestyles inside the cosmic system always bring a hardening into the life of the Bel and it is a challenge to come back from that.

The humility the Apostle Peter was talking about in 1Peter 5 is the key.

If the Bel can remain teachable and eager to get closer to God, that is the shield against stress, fear, anxiety or depression overtaking your life.

/Prov 18:12 Before destruction the heart of a person is haughty, But  
humility *goes* before honor.

Prov 15:33 The fear of the LORD is the instruction for wisdom, And before  
honor *comes* humility. \