

#102

January 23, 2008

Heading: The Antidote for Stress

Synopsis: All of us experience stress in our lives. We need to recognize that the source of stress is self, and the antidote is peace, which comes from denial of self and staying close to God.

Sub-topics:

- Stress management techniques
- Ergotropic timing
- Serotonin level
- Time management
- Personal goal setting
- Peace as antidote
- Adam's sin
- Garden of Eden
- War waged with spiritual weapon
- Lust of flesh
- Lust of eyes
- Pride of life
- Temptations descriptive of self-indulgence
- Denial of self
- God's prescription for peace
- Dialogue vs. monologue
- Hearing God's voice continually
- The cool of the day = morning
- First fruits of the day
- Stress = poison, evil
- Obedience
- Forgiveness
- Confession
- Salvation
- Holy Spirit baptism
- Ending prayer with a light heart
- Releasing prayer to the Lord
- Rapture generation
- Harvest of souls
- Others-centered
- Suicide
- Praise
- Purification

Scriptures cited:

Matthew 10:34

1 John 3:8(b)

Mark 16:17

Luke 10:19
John 16:33
Genesis 3:1-6
Luke 4:1-13
Colossians 1:9
Genesis 3:8-10
Acts 10:34
Psalm 5:3
Psalm 30:5
Psalm 143:8
Psalm 119:147
Exodus 16:21
Exodus 23:14-17
Numbers 12:15
2 Corinthians 4:4
Proverbs 15:13
Proverbs 17:22
Philippians 4:6,7
John 10:10
John 8:11
John 5:14
John 14:12
Matthew 27:42,43
Mark 15:31,32
Luke 3:35,36

Other sources:

Webster's Dictionary