

*God's Words of Life on*  
**STRESS**

He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake.

*Psalms 23:2-3*

Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.

*Hebrews 4:1*

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

*Genesis 2:2*

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

*Hebrews 4:9-11*

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

*Mark 6:31*

*Devotional Thought on*  
**STRESS**

**T**oo much stress—especially stress that is not relieved by times of rest and renewal—can harm us physically, mentally and spiritually.

To a great extent Christians are caught up in the same rat race as everyone else. We have let our values become distorted and don't see life clearly from God's perspective. We've lost some of our distinctiveness; our lives are almost identical to those of people who are not committed to Christ. As a result, I believe we are violating very basic laws that God has set down for our bodies. And we may be doing all this in the name of the One who came to save us from our need to earn salvation!

Christians must wake up to the fact that they are burning themselves out just as quickly as everyone else is! Change is occurring so rapidly and hurry sickness is so rampant in our society that avoiding stress damage takes an extra effort. And the sad fact is that relatively few people—even Christians—are making that extra effort.

*Archibald Hart*