

STRESS

Too 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