A light to my path. Psalm 119:105

Stress Kills!

In physics, stress is the ratio of force over the area. The force has an internal resistance and a cross-sectional area. The cross-sectional area is the probability of two particles colliding.[1] A similar force occurs in our body and mind when under stress. Demands in our life cause an internal resistance when time is short, and we are weary. This sets up a probable collision expressed with angry, negative words that often attack another person in our presence. It also causes chronic collisions between our thoughts and the cells of our body. Out of that condition comes a variety of mental and physical sicknesses. God's word in 1 Corinthians 15:46, NKJV tells us the spiritual is not the first, but the physical is first.

Beloved, living by God's word is the key to removing stress. Anxiety in the heart causes depression, but a good word makes it glad (Proverbs 12:25). Cast your burdens on the Lord and he shall sustain you (Psalm 55:22, 1 Peter 5:7). Trust God with all your heart and do not lean on your understanding (Proverbs 3:5-6). God did not give you a spirit of fear. He gave you power, love and a sound mind (2 Timothy 1:7). Jehovah Shalom is the peace that overcomes stress; therefore, do not let your heart trouble you or bring fear (John 14:27). Shalom!!

Footnotes: 1. Stress-strain analysis, Wikipedia

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