



A light to my path. Psalm 119:105

## **Mental and Emotional Stress Is a Heart Issue!**

Our spirit hearts, not our physical hearts, can be a barrier to preventing our release from mental and emotional stress when one of three conditions exists. Jesus told people about those conditions. Matthew 3:1-23, Mark 4:1-20, and Luke 8:4-15 (NKJV) record the conditions. These scriptures tell us about the sowing of seeds on various types of soil. The seed is God's word, and the condition of the soil reflects the condition of our hearts. Some scattered seeds fell on a well-traveled, hard-packed path. The seed could not grow. A hard heart is like this path. It will not receive God's word; therefore, it cannot grow. Other seeds fell on stony ground and died. A shallow heart will not allow God's word to grow. More seeds fell on weed-infested soil, which choked them. Hearts of a materialistic desire choke the life out of God's word. Spirit hearts that are hard, shallow, or materialistic are conditions that prevent us from releasing our mental and emotional stress. Seed also fell on good soil. A good spirit heart is a joyful, positive heart willing to hear God's word and understand it or seek someone to help understand it (Proverb 17:22). Satan easily interferes with hard, shallow, and materialistic hearts to cause mental and emotional stress. Casting your cares on Jesus will free you from being a pawn in Satan's hands (1 Peter 5:7).

Shalom!!

**Love Life Ministry, Inc.**

**Touching People with the Healing Power of God's Love®**

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