

ANXIOUS FOR NOTHING

Dear Friend:

We live in a stressful world. I imagine if I were to ask you where your stress level is on a scale between 1-10 many of you would say 7 or higher. I am so glad to see the increased emphasis on mental health awareness. For too long our society has downplayed mental health issues and the effect on people's lives. We need even more attention and no stigma attached to it.

I find some treatment of anxiety, depression, and stress in Philippians 4:4-8. The treatment can be stated in the form of an acrostic, C.A.L.M. First, C=Celebrate God's goodness, "Rejoice in the Lord always and I say it again, rejoice". It is hard to be in the midst of stress, anxiety and depression and yet think about rejoicing! Rejoicing means to recall the things that give you joy. A=Ask God for help. Ask God for help first, then, under his direction seek-out others (especially godly people) who can help you. Remember, NO ONE knows you like God. L=List your blessings. Philippians 4:6 says to present your requests to God with thanksgiving. I want to add something here: even on your darkest days try to be a blessing to someone else. When we focus our lives on helping others our stress takes a back seat. M=Meditate on good things. Philippians 4:8 says: "Whatever is true, noble, right, pure, lovely, or admirable THINK on such things". Man...is that hard! But think on these things and the monsters that haunt you will grow smaller.

When someone asks me: "How are you doing?" I often respond: "Too blessed to be stressed". Can I confess? There are times when I say it, but don't feel it! Truth: I am human and there are days (or weeks) of stress. Join me, read and live Philippians 4:4-8 and stay C.A.L.M.

In Christ's Love,

Pastor Mike

Prayers: Hudson Klotzbach (8 yr. old boy, cancer, needs a miracle to live), Anna Louise Beaver (heart), Midge Gathers (lung cancer and breast cancer).

Events: Sunday 6:30-7:30 Prayer gathering, youth room