

Don't Get Stressed Out

Corona Virus Response

Psalm 46:1-3

Introduction: There are more than a few myths about stress but here are three:

- 1- You can live a stress-free life
- 2- All stress is bad
- 3- If you are overwhelmed with stress, you are sinning and not trusting God

CORONA-VIRUS (COVID-19) ... Who would have thought that it would have caused so much fear and confusion? Yet in a world of chaos, God has the answers everyone is asking.

2 Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

1 Corinthians 14:33

For God is not the author of confusion, but of peace, as in all churches of the saints.

He will bring comfort, understanding and help to those that are wondering what is going on in the world.

- God is paying attention.
- God is still in control.
- God has not forgotten His people.

His plan for this world is still to draw the hearts of all people to Him. Far too many have come to accept defeat and live in a depressed and fear-based mentality.

God knew there would be chaos and times of uncertainty in the world. That's why God gave us His relevant Word, for every situation and for every generation!

What is it you are afraid of today?

- Running out of toilet paper?
- Catching Coronavirus?
- Dying in a car wreck on your way to work this week?

We ought to be concerned about these things.

But understand, your worry and your fear does not negate God's power and authority over all disease, and famine, and peril and all sickness.

Through the Wringer *if You Think You've Got It Rough?*

A little boy went to the grocery store and asked the clerk for a box of detergent. The clerk asked the boy why he needed detergent.

"I want to wash my dog," replied the lad.

"Well, son, this detergent is pretty strong for washing a little dog."

The little boy replied, "That's what I want. He's mighty dirty."

He took the box of detergent home, and about a week later he returned. The store clerk, recognizing him, asked him about his dog. "Oh, he's dead," said the boy.

"Oh, I'm sorry," replied the clerk. "I guess the detergent was too strong."

"I don't think the detergent hurt him," said the boy. "I think it was the rinse cycle that got him."

Stats

- 43% of all adults suffer adverse health effects due to stress.
- 75-90% of all visits to primary care physicians are for stress-related complaints or disorders.
- Stress has been linked to all the leading causes of death, including heart disease, cancer, lung ailments, accidents, cirrhosis, and suicide.
- An estimated one million workers are absent on an average workday because of stress related complaints. Stress is said to be responsible for more than half of the 550,000,000 workdays lost annually because of absenteeism.
- The proportion of workers who reported "feeling highly stressed" more than doubled from 1985-1990.
- 40% of all worker turnover is due to job stress.
- Job stress is estimated to cost U.S. industry \$300 billion annually, as assessed by absenteeism, diminished productivity, employee turnover, medical insurance, etc.

Sources of Stress

According to *USA Today*, a survey of 501 adults conducted by Research and Forecasts Inc. for Mitchum antiperspirant and deodorant isolated the major sources of stress for typical Americans.

- Work is the biggest source of stress in our lives, cited by 36 percent of the respondents.
- Money was second (22 percent).
- Children was third (10 percent).
- Health (7 percent).
- Marriage (5 percent).
- Parents (5 percent).
- Only 5 percent say they have no stress at all in their daily lives, and 19 percent have a little.²

Psalm 46

1. The Refuge... Psalm 46:1-3

- **Personal** – “our”
- **Present** – “present”
- **Permanent** – “though the earth be removed”

2. The River... Psalm 46:4-7

- **The Father... Jeremiah 2:13** For my people have committed two evils; they have forsaken me the fountain of living waters, *and* hewed them out cisterns, broken cisterns, that can hold no water.
- **The Son... John 4:13-14** Jesus answered and said unto her, *Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.*
- **The Spirit... John 7:37-39** In the last day, that great *day* of the feast, Jesus stood and cried, saying, *If any man thirst, let him come unto me, and drink. He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.* (But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet *given*; because that Jesus was not yet glorified.)
- “Gihon”? Altamaha? Satilla? Mississippi? (Remember spelling this? Try spelling STRESSED backwards... DESSERTS) Not relevant really, but clearly some ancient source for Jerusalem. Probably an underground conduit built by King Hezekiah to supply water in the event of a siege. Hidden underneath, below the surface was a source of help, refreshment, and provision that others could not see but clearly helped the people. “God in the midst” makes this a certain reference to the Holy Spirit.

3. The Ruler... Psalm 46:8-11

Psalm 46:8 Come, behold the works of the LORD, what desolations he hath made in the earth.

Psalm 46:10-11 Be still, and know that I *am* God: I will be exalted among the heathen, I will be exalted in the earth. The LORD of hosts *is* with us; the God of Jacob *is* our refuge. Selah.