

'STRESS' IN THE CHRISTIAN WAY OF LIFE (CWL) (Part #3)

We have been studying a series of lessons on Stress in CWL (Christian Way of Life).

- We have learned that it is impossible for a believer to live free of tribulation stress while alive in the world (John 16:33).
- We have also learned that each believer determines how much effect tribulation stress will have upon his/her life (Prov.15:15; 24:10).

This lesson will study four aspects of how to maintain a RMA (Relaxed Mental Attitude) amidst extreme stress conditions.

- 1. In this series of lessons on tribulation stress, we have learned that the believer may not be able to personally resolve the circumstances or people related to his/her tribulation stress, but he/she can keep from internalizing it (Matt.14:22-33).**

We learned from Matt.14:22-33 that the believer can keep the storm on the outside. Fear (MAS) [Mental Attitude Sins] allows it inside but faith keeps it outside.

- 2. We have also learned how to convert tribulation stress into divine production.**

We learned three important steps in converting tribulation stress into divine production when under the gun.

- Immediately go to prayer – Phil4:6-7
- Than to walking by means of indwelling Holy Spirit – Rom.13:14
- Than to the faith cycle of CBD (Categorical Bible Doctrine) – Rom.4:20-21

- 3. However, each episode of maximum stress reveals presence of OMCD (Old Man Cosmos Diabolicus) thinking and coping method and failure of NMDV (New Man Divine Viewpoint) thinking coping methods.**

The spiritually advancing believer needs to understand the importance of his/her NMDV breakdown and OMCD melt down OSN (Old Sin Nature) during maximum stress episodes. This is when regrouping and taking off OMCD thinking and putting on NMDV thinking about CBD (Categorical Bible Doctrine). (Eph.4:22-24; Rom.12:2; 2 Cor.5:17).

It should NOT happen like this the next time! The spiritually advancing believer should be engaged in CHANGE and not in EXCHANGE!

4. Mary and Martha are examples of the struggle believers can have in removing walls of OMCD thinking (avoidance defense mechanism) for NMDV thinking (Luke 10:38-48).

These two sisters came from the same family and parental training and culture and religious training and conversion and followers of Jesus Christ. Yet these two sisters handled tribulation stress differently.

Mary put off OMCD and put on the NMDV by cycling the word of God through faith. She responded to tribulation stress with contentment (RMA).

Martha attended the same bible studies but responded to tribulation differently. This led Jesus to counsel her on OMCD and NMDV (Luke 10:41-42). Did Martha take His advice and did she change? (John 11:20-28) You are what you are no matter who you think you are under maximum stress. Your mental attitude reflects WHAT (matter) you think about and HOW (method) you think (Prov.23:7; Ps.139:23).