

(11-10-19)

THE STRESS-FREE CHRISTIAN LIE!

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TEXT: Ecclesiastes 8:2 I counsel thee to keep the king's commandment...

3 Be not hasty to go out of his sight: stand not in an evil thing; for he doeth whatsoever pleaseth him.

5 Whoso keepeth the commandment **shall feel** no evil thing...

15 Then I commended mirth...

12:13 Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.

Psalms 2:11 Serve the LORD with fear, and rejoice **with trembling**.

Amos 5:10 They hate him that rebuketh in the gate, and they abhor him that speaketh uprightly.

2 Timothy 4:3 For the time will come when they will **not endure sound doctrine;** but after their own lusts shall they heap to themselves teachers, **having itching ears;**

4 And they shall **turn away their ears** from the truth, and shall be turned unto fables.

5 But watch thou in all things, **endure** afflictions...

6 For I am now ready to be offered...

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whatsoever pleaseth him.

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Proverbs 15:12 A scorner loveth not one that reproveth him: **neither will he go unto the wise.**

John 16:8 And when he is come, he will reprove the world of sin, and of righteousness, and of judgment:

Acts 13:9 Then Saul, (who also is called Paul,) **filled with the Holy Ghost**, set his eyes on him, 10 And said, O full of all subtilty and all mischief, thou child of the devil, thou enemy of all righteousness, wilt thou not cease to pervert the right ways of the Lord? 11 And now, behold, the hand of the Lord is upon thee, and thou shalt be blind...

Acts 24:25 And as he reasoned of righteousness, temperance, and judgment to come, Felix trembled...

Ephesians 5:9 (For **the fruit of the Spirit is in all goodness and righteousness and truth**;) 10 **Proving** what is acceptable unto the Lord. 11 And have no fellowship with the unfruitful works of darkness, but rather reprove them. 15 See then that ye walk circumspectly, not as fools, but as wise, 21 Submitting yourselves one to another in the fear of God.

Judges 7:5 So he brought down the people unto the water: and the LORD said unto Gideon, Every one that lappeth of the water with his tongue, as a dog lappeth, him shalt thou set by himself; likewise every one that **boweth down upon his knees** to drink.

Job 12:4...the just upright man is laughed to scorn. 5...despised in the thought of him **that is at ease.**

Matthew 24:48 But and if that evil servant shall say in his heart, My lord delayeth his coming; 49 And **shall begin to smite his fellowservants**, and to eat and drink with the drunken;

Psalms 31:10 For my life is spent with grief, and my years with sighing... 13 For I have heard the slander of many...while they took counsel together against

me, they devised to take away my life.

20 Thou shalt hide them in the secret of thy presence from the pride of man: thou shalt keep them secretly in a pavilion **from the strife of tongues**.

Psalms 123:1 Unto thee lift I up mine eyes, O thou that dwellest in the heavens.

3 Have mercy upon us, O LORD, have mercy upon us: for we are exceedingly filled with contempt. 4 Our soul is exceedingly filled with **the scorning of those that are at ease**, and with the contempt of the proud.

Are you at ease? Have you adopted the care-free Christianity?:

Isaiah 32:9 Rise up, ye **women that are at ease**; hear my voice, ye **careless** daughters; give ear unto my speech. 10 Many days and years shall ye be troubled, ye **careless women**: for the vintage shall fail, the gathering shall not come.

11 Tremble, ye **women that are at ease**; be troubled, ye **careless ones**...

Jeremiah 48:11 Moab hath **been at ease from his youth**, and **he hath settled** on his lees, and hath not been emptied from vessel to vessel, neither hath he gone into captivity: therefore his taste remained in him, and his scent is not changed.

12 Therefore, behold, the days come, saith the LORD, that I will send unto him wanderers, that shall cause him to wander, and shall empty his vessels, and break their bottles.

Amos 6:1 Woe to them that are **at ease in Zion**, and trust in the mountain of Samaria...

3 Ye that put far away the evil day...

4 That lie upon beds of ivory, and stretch themselves upon their couches, and eat the lambs out of the flock, and the calves out of the midst of the stall;

5 That chant to the sound of the viol...

6 That drink wine in bowls... 7 Therefore now shall they go captive with the first that go captive...

Zechariah 1:15 And I am very sore displeased with the **heathen that are at ease**...

Ezekiel 30:9 In that day shall messengers go forth from me in ships to make the **careless Ethiopians afraid**, and great pain shall come upon them...

Ezekiel 39:6 And I will send a fire on Magog, and among them that **dwelt carelessly in the isles**: and they shall know that I am the LORD.

Genesis 10:5 By these were the **isles of the Gentiles** divided in their lands...

"So do the Jews call all countries which are separated from them by sea...which were given to the children of Japheth, of whom came the Gentiles." (*Geneva Notes*)

"...the word *isles* here and elsewhere signifies all those countries that had the sea between them and Judea..." (Poole)

Jeremiah 25:22...and the kings of the **isles which are beyond the sea**,

Jeremiah 51:7 Babylon hath been a golden cup in the LORD'S hand, that made **all the earth drunken**: the nations have drunken of her wine; therefore the nations are mad.

Isaiah 47:8 Therefore hear now this, thou that art given to pleasures, that **dwellest carelessly**, that sayest in thine heart, I am, and none else beside me...

Zephaniah 2:15 This is **the rejoicing city that dwelt carelessly**, that said in her heart, I am, and there is none beside me: how is she become a desolation...

Judges 18:7 Then the five men departed, and came **to Laish**, and saw the people that were therein, how **they dwelt careless**, after the **manner of the Zidonians**, quiet and secure; and there was **no magistrate in the land**, that might **put them to shame in any thing**...

"*Caffeine's Effects are Long-Lasting and Compound Stress*...A study by researchers at Duke University Medical Center [*Psychosomatic Medicine*] shows that caffeine taken in the morning has effects on the body that persist until bedtime and amplifies stress consistently throughout the day...'The effects of coffee drinking are long-lasting and exaggerate the stress response both in terms of the body's physiological response in blood pressure elevations and stress hormone levels, but it also magnifies a person's perception of stress,' said James D. Lane, Ph.D..." (<https://corporate.dukehealth.org/>)

"Caffeine intake was positively related to stress levels and

hallucination-proneness..." (*Personality and Individual Differences*, Volume 46, Issue 4, March 2009)

Proverbs 26:15 The slothful hideth his hand in his bosom; **it grieveth him** to bring it again to his mouth.

2 Corinthians 7:10 For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.

11 For behold this selfsame thing, that ye sorrowed after a godly sort, **what carefulness** it wrought in you, yea, what clearing of yourselves, yea, what indignation, yea, what fear, yea, what vehement desire, yea, what zeal, yea, what revenge! In all things ye have approved yourselves to be clear in this matter.

Psalms 18:6 In my **distress** I called upon the LORD...

Psalms 107:6 Then they cried unto the LORD in their trouble, and he delivered them out of **their distresses**.

Philippians 4:6 Be **careful for nothing**; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Jeremiah 49:31 Arise, get you up unto the wealthy nation, that dwelleth **without care**, saith the LORD, which have neither gates nor bars, which dwell alone.

Titus 3:8 This is a faithful saying, and these things I will that thou affirm constantly, that they which have believed in God might be **careful to maintain good works**...

Deuteronomy 15:5 Only if thou **carefully hearken unto the voice** of the LORD thy God, to observe to do **all these commandments** which I command thee this day.

Zephaniah 1:17 And I will bring **distress** upon men, that they shall walk like blind men, because they have sinned against the LORD...

Luke 21:25 And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth **distress of nations**, with perplexity; the sea and the waves roaring;

1 Peter 5:7 Casting **all your care upon him**; for he careth for you.

8 Be **sober**, be **vigilant**; because **your adversary** the devil, as a roaring lion, walketh about, seeking whom he may devour:

9 Whom **resist** stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.

10 But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, **after that ye have suffered a while**, make you **perfect, stablish, strengthen, settle** you.

"...a burgeoning body of literature has focused on the possible steeling effect of moderate types of stressful events...recent research and theory posit that exposure to moderate adversity in childhood environments may...promote a more adaptive response to future stress (Ellis & Boyce, 2008)...and perhaps enhance one's ability to overcome the stress associated with everyday life." (J Abnorm Child Psychol. 2015 Nov)