**Notes**

****April 23, 2017**



**Relief factor**

Part 1

‘Relief from the thief’

Welcome

**Relief Factor - Part 1**

*Relief from the thief*

We all experience stress: but Jesus is here to help.

**Relief from the thief:**

**John 10:10**

In short, big contrast, simple theology: Good God … Bad Devil.!

Life on a cursed earth involves stress … if you let it!

God’s realm is characterized by righteousness, peace, & joy

**What happens when the cares & stress of this world press in?**

**Mark 4:18**

The word of God that takes root in your life produces.

If it does, the adversary then tries to choke it (like weeds in a garden)

In short what you have is ‘stolen’ from you.

**What to do when you feel you’re losing your grip?**

1. **Realize Jesus is still with you: He never moved.**

# **Deuteronomy 31:6-8**

Remember the disciples stressed out in the boat in the storm even though Jesus was right there with them?

Then Martha complained that Jesus ‘did not care’ (**Luke 10:38-42)** when she was distracted by much serving.

Stress & worry affect your relationships with Jesus and one another:

1. **Recognize your mind and emotions (and body) are connected: …big time!**

**3 John 2**

Your emotions are an indicator, not so much of hormone imbalance even, but of what’s going on in your ‘mind’.

Soul: mind emotions and will.

Some illness’s or dis ‘ease’ according to reliable scientific research is a product of imbalance in our whole make up:

They call it “psycho-somatic ailments”.

Get the inner peace restored and the outer symptoms cease.

**Final Take Away & Communion**

You are **not** a victim of circumstance: ‘under pressure’…’under the circumstances’…’under the weather…

Rather you are under the shelter of ‘His wings’.

# **Psalm 91:**

The wings of the guardian cherubim over the mercy seat of the ark.

**Upcoming Events**

**Sunday April 30th**

 ***“Super Sunday & Brunch”*** – food & fellowship after service.

 Surprise for the kids too.

**Tuesdays May 9th – May 30th :**

 ***“Christ the Healer”*** 4 week Lecture Series @ 7- 8:30 pm

**Friday May 19th**

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 ***“Maddexband”*** – Youth Concert @ 7pm here.