



## *Eagle Vision Partner Letter*

# *How to Handle Stress*

May 2006

Dear Partner,

We pray this letter finds you using your God given authority to soar above the storms of life.

One of the major attacks in these last days has been stress. I'm going to give you biblical ways to deal with the destructive force of stress. Stress is defined as a strain, a constraining influence; physical emotional or mental pressure. Stress can come after hearing some bad news, dealing with corporate America, focusing on too many thoughts at once, family strife, worry, fear, lack of prayer and many other ways.

First of all, it is essential for Christians to remember that in **1 Peter 5:6-7** it says **6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: 7 Casting all your care (stress) upon him; for he careth for you. Remember that God wants all of your cares so that He can handle every situation.** He said in His Word to acknowledge Him in all of your ways and He shall direct your paths (**Proverbs 3:6**). So many times we give our cares to Him but we end up taking them back again. In **Psalm 46:10** it says Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. **So just relax and receive.** After all, nothing is too hard for God !

In **Ephesians 1:3-5** it says **3 Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ: 4 According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: 5 Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will, You see we have been predestined to win in life no matter what challenges you may face! Luke 8:22-25** Jesus and His disciples found themselves in a storm (stressful situation) but Jesus handled the situation totally different from His disciples, even though they were in the same boat (situation). Jesus rose up and spoke to the storm in His God given authority, but the disciples got completely stressed out. **The disciples reacted in fear but Jesus responded in faith! The outcome depends on your response!** The disciples forgot all about the great things that Jesus had done in the past and focused totally on the circumstances

Well, thank God that we can react like Jesus did and take complete authority over lack, storms, pressure, sickness, disease and any other intimidating circumstances. Open you mouth and tell Satan to take those things right back to the pit of Hell where they belong and keep on moving forward in Jesus name! In **II Corinthians 2:14** the Bible say Now thanks be unto God, which always causeth

us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place. The words always and every place includes whatever you have been facing! God is greater! Thank God for the victory over stress in Jesus name!

### **Steps to Overcome Stress**

1. Pray without ceasing! (There are answers waiting for you in God's presence.)
2. Do one thing at a time!
3. Laugh more! (**Proverbs 17:22**)
4. Make a firm commitment to have and enjoy life (**Ecc 3:13, 5:18**) (Remember couples, it's not too late to join us on our Marriage Retreat at Myrtle Beach 8/2-8/5.)
5. Exercise regularly!
6. Focus on good news! (**Phil 4:8**)
7. Praise and worship God on a regular basis (**not just in church**)!
8. Always respond in faith and not fear!
9. Take a vacation! (Jesus even had a fish fry on the beach see **John 21:4-14**)
10. Stay care free!

In His Righteousness,

Harold M. Council  
Senior Pastor

### *Ministry Update*

- ❖ Thank you to those of you who pray for us regularly and also those of you who support us with your financial seeds. We truly appreciate it!
- ❖ Check out our website [www.EaglesChristianCenter.org](http://www.EaglesChristianCenter.org) for new additions and changes.
- ❖ Our First Service at 1233 Front Street, Raleigh, NC will be May 28, 2006 at 10:00 am. Directions are on our website.
- ❖ Pray about sowing a generous seed towards our Building Fund for our current renovation costs. Any amount \$1-\$100,000 would be appreciated.