



August 3, 2018

Ministry Jottings by Pastor Deb  
Stress

**"Jesus said, 'Have the people sit down'. There was plenty of grass in that place, and they sat down." – John 6:10**

A lecturer on stress management raised a glass of water and asked his audience, "How heavy is this glass of water?" Various answers were called out. Then he replied, "The weight really doesn't matter. What matters is how long you try to hold it.

"If I hold it for a minute, that's not a problem," he said. "If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes.

"And that's the way it is with stress," he said. "If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavier, we won't be able to carry on. You have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, before you return home tonight," he continued, "put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can. Relax; pick them up later after you've rested. Life is short. Enjoy it!"

So Jesus said to Phillip, "Tell the folks to just sit down and relax for a minute or two."

In Christ's grace,

*Pastor Deb*