

JESUS RENEWS OUR BODIES

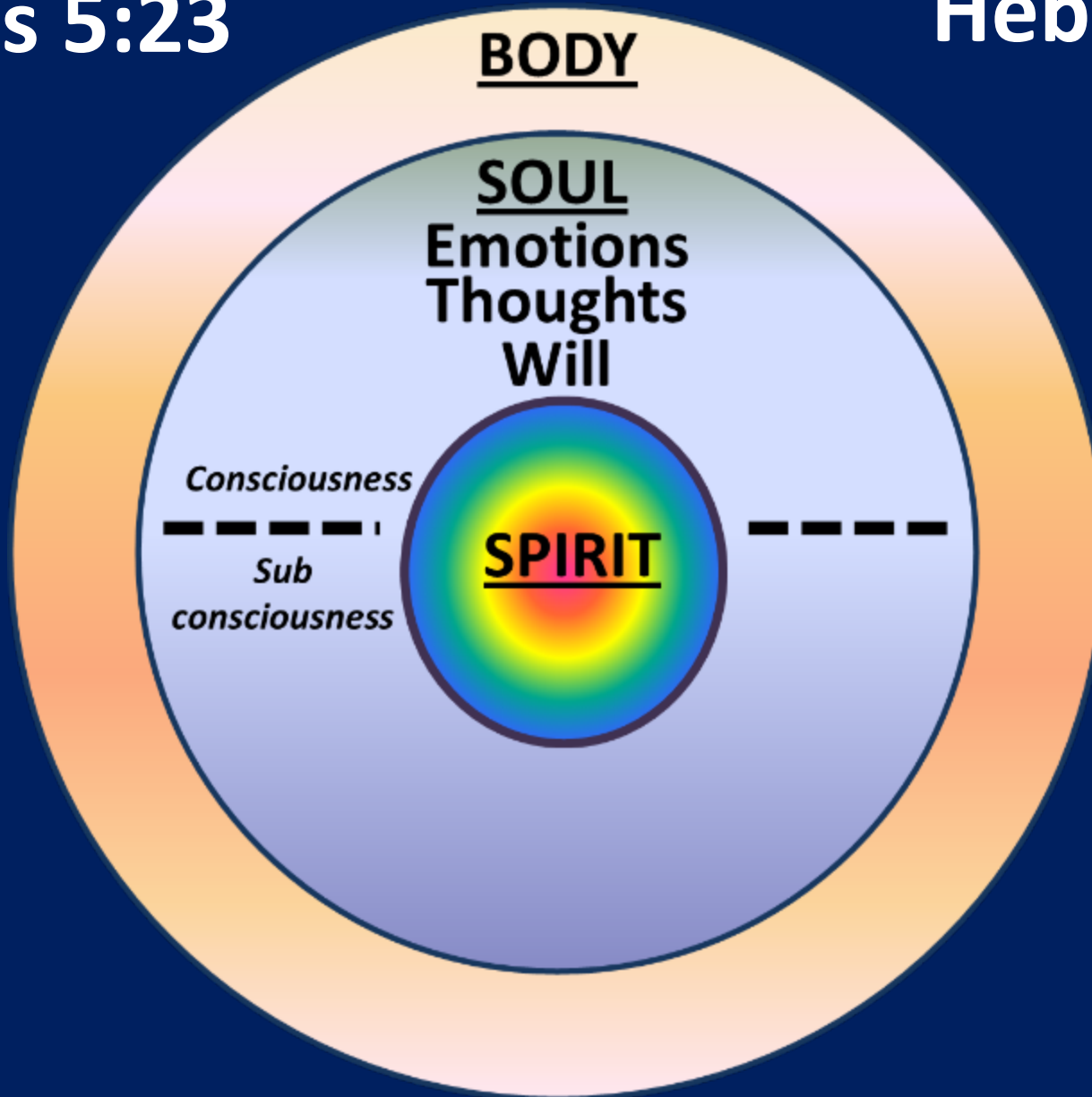


**Why look at the
topic of God
renewing the body?**



1 Thess 5:23

Heb 4:12



God's ...

- Power to heal our bodies
- Presence in our bodies
- Promise of future new bodies
- **Pathway for peaceful bodies**







STRESS



Is a
necessary
part of
everyday life



Life Triggers:

- Work deadlines
- Relationship issues
- Illness
- Death
- Financial pressures
- Change

Stress becomes a...



for our bodies

Being in a state of ongoing



can lead to...

High blood pressure

Cancer

Cardio-vascular disease

Headaches



Anxiety

Addictions

Depression

Diabetes

Poor concentration

Insomnia

Chronic Fatigue

Ongoing Stress for Aussies is on the Rise

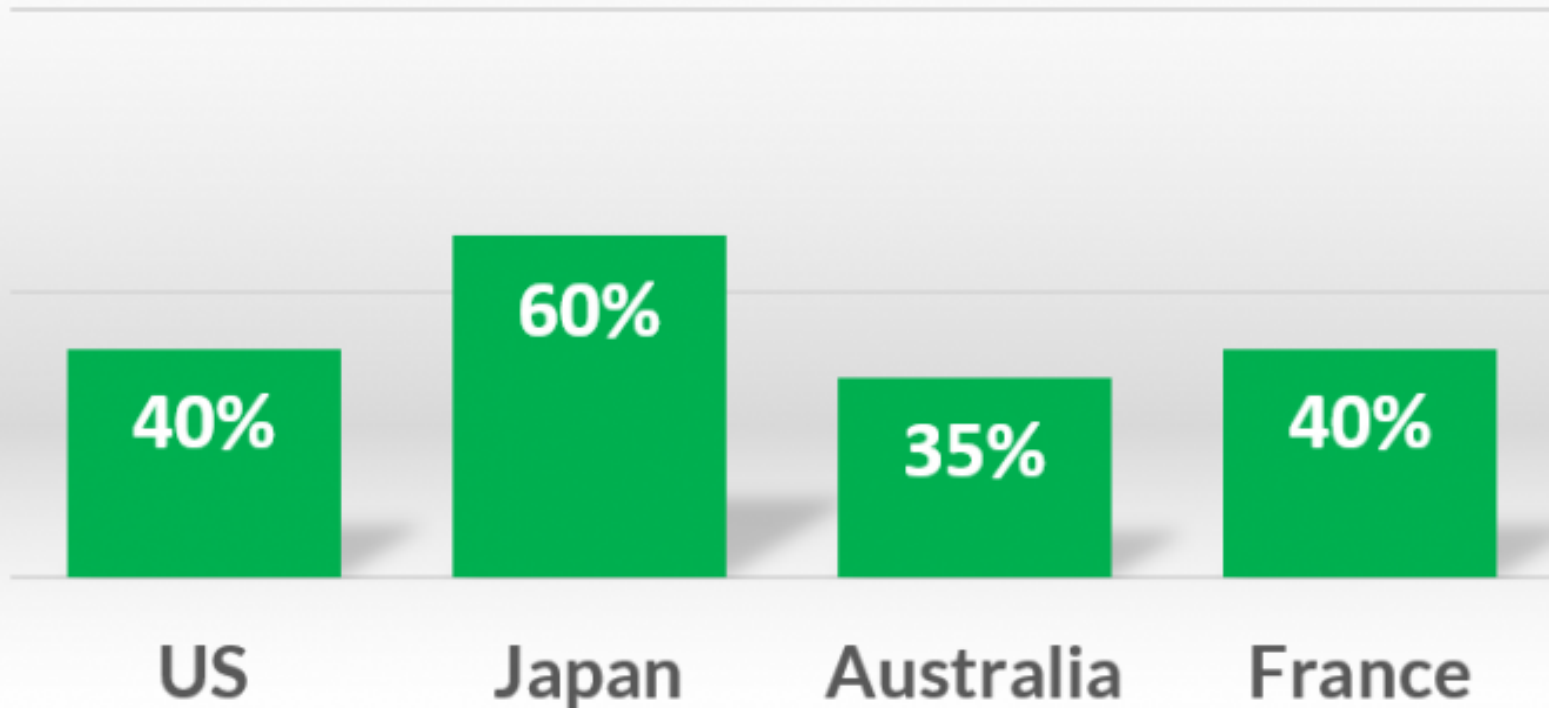


**Study in 2017
increased by 1/3:**

- **Work pressures**
- **Juggling too many things**
- **Lack of sleep**

2006 - 2016

Stress by Country (% of the Population)



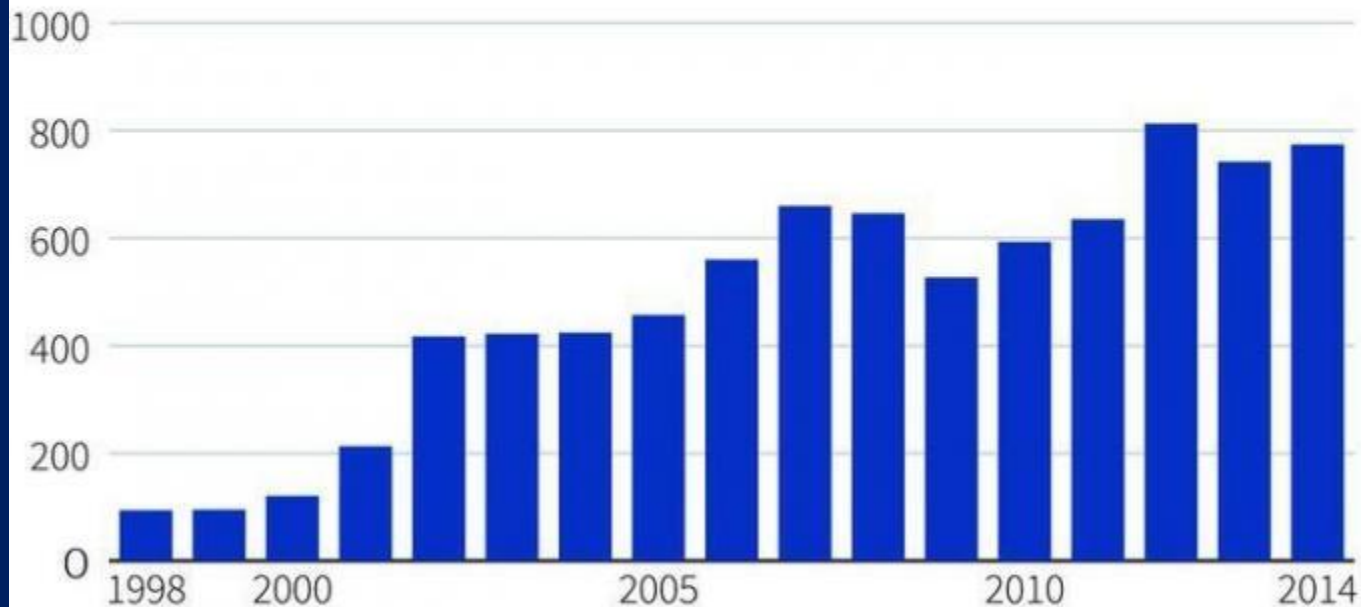
<https://thebusylifestyle.com/stress-statistics-worldwide/>

Death by overwork – 1998 - 2014

Japan's Karoshi disputes

Death from overworking is termed as Karoshi in Japan. Compensation for Karoshi cases has increased since the 1990s.

NUMBER OF CASES WHERE COMPENSATION RECEIVED



Source: Labour Ministry (Japan)

J. Wang, 25/03/2016

REUTERS

<https://thebusylifestyle.com/stress-statistics-worldwide/>

**What is driving our
ongoing and
increasing stress
levels?**



Luke 12:22-23

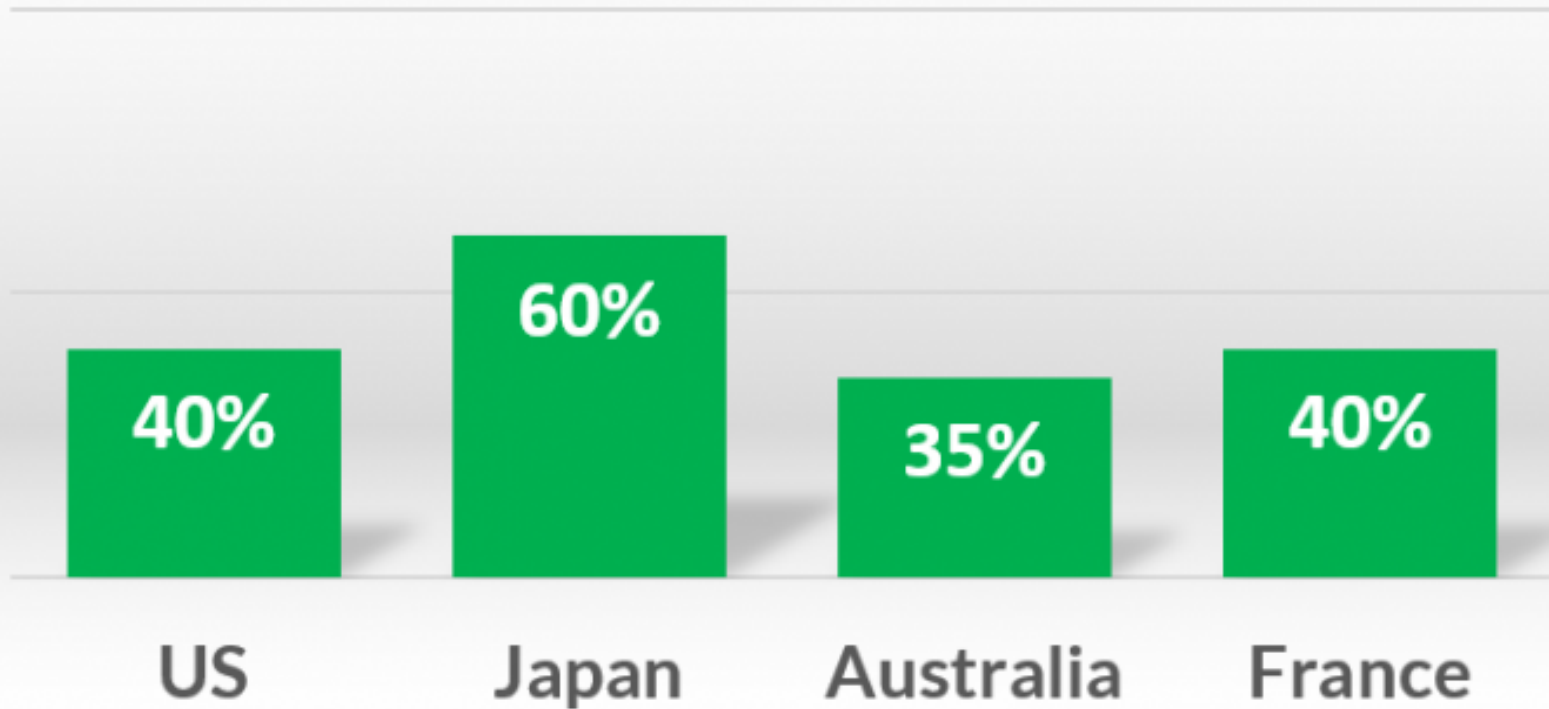
22 Then Jesus said to his disciples:
“Therefore I tell you, do not worry
about **your life**, what you **will eat**; or
about your body, **what you will wear**.

23 For life is more than food, and the
body more than clothes.



2006 - 2016

Stress by Country (% of the Population)





Maslow's hierarchy of needs

Often we
struggle and
juggle to
achieve so
that we can
feel that ...







Coronary

SUCCESS
SUCCESS
SUCCESS
SUCCESS

Ecclesiastes



Ecclesiastes 2:11

¹¹ Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.

Ecclesiastes 2:22-23

22 What do people get for all the toil and **anxious striving** with which they labour under the sun? **23** All their days **their work is grief and pain**; even at night **their minds do not rest**. This too is meaningless



Ecclesiastes 4:4

⁴ And I saw that **all toil** and **all achievement** spring from **one person's envy** of another. This too is **meaningless**, a chasing after the wind.

Psalm 127



A golden crown with colorful jewels (red, blue, green, and yellow) is placed on a wooden surface. The background is a dark sky filled with numerous small, bright stars, creating a starry night effect. The lighting is warm, highlighting the crown and the wood.

**“A song of ascents.
Of Solomon”**

Psalm 127:2

² In **vain** you rise early and stay up late, **toiling for food to eat—for He grants sleep to those He loves.**



Psalm 127:1

Unless the **Lord builds the house**, the
builders labour in vain.

Unless the **Lord watches over the city**,
the guards stand watch in vain.

Psalm 127:3

**Children are a heritage from the Lord,
offspring a reward from Him.**





Life isn't about finding
yourself. Life is about
creating yourself.



**Jesus reminds us
of our value/
significance**

Matthew 10:29-31

29 Are not two sparrows sold for a penny? Yet not one of **them will fall to the ground outside your Father's care.** **30** And even the very hairs of your head are all numbered. **31** So don't be afraid; **you are worth more than many sparrows.**

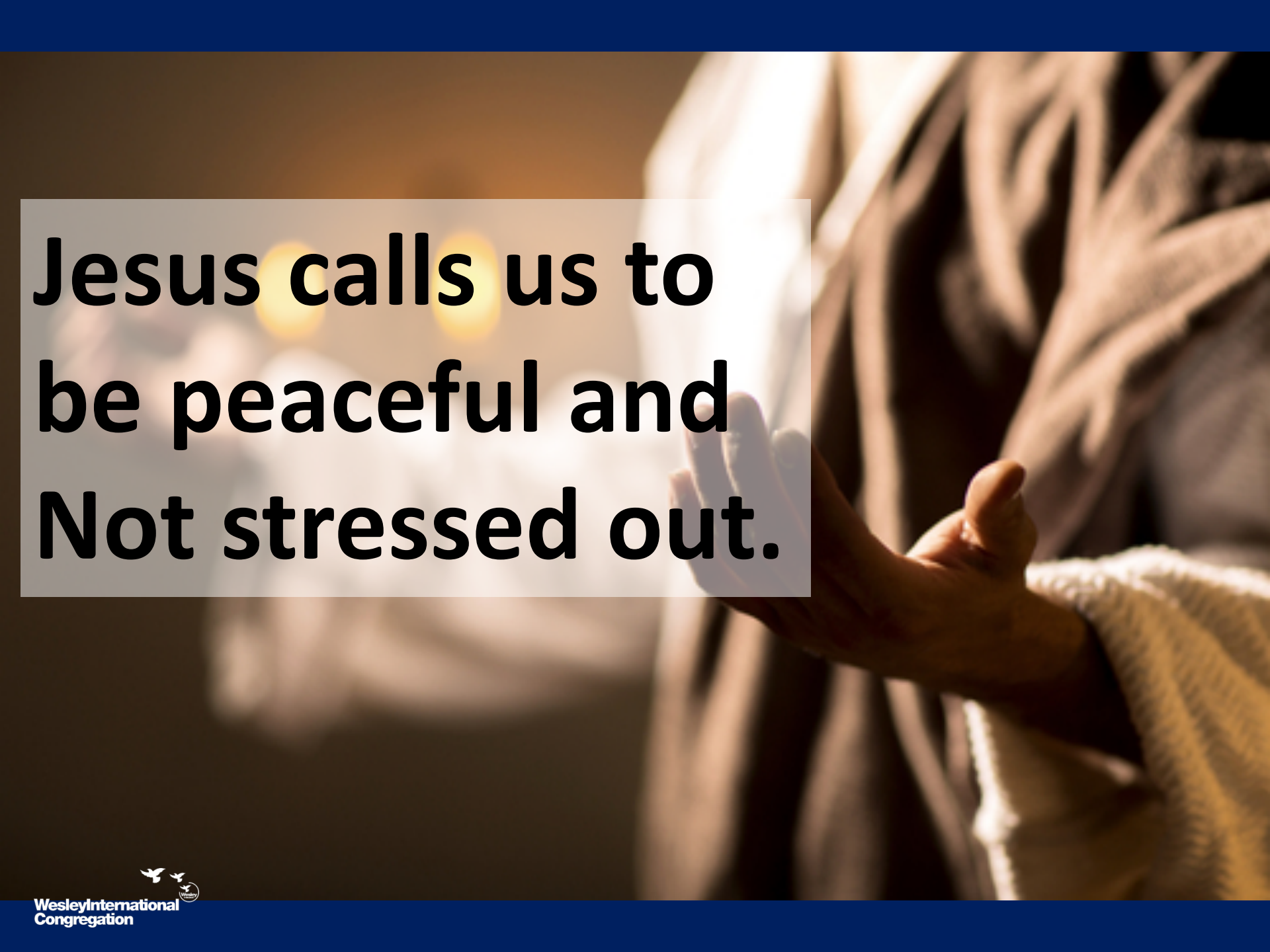
Matthew 11:28

28 “Come to Me, all you who are weary and burdened, and **I will give you rest.** **29** Take **My yoke** upon you and learn from me, for **I am gentle and humble in heart,** and you will find **rest for your souls.** **30** For My yoke is easy and my burden is light.”

Hebrews 13:5

⁵ Keep your lives free from the love of money and be content with what you have, because God has said,

**“Never will I leave you;
never will I forsake you.”**



**Jesus calls us to
be peaceful and
Not stressed out.**



John 14:27

27 Peace I leave with you; my **peace** I give you. **I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.**

Col 3:15

15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.





Genuinely and prayerfully ask yourself these questions:



1. Do I really trust God when He says in His Word that He is with me and will care for me?



2. Have I really grasped that the only thing that makes my life matter or significant eternally is that I am a child of God?



**3. Who is
building my life?**



4. What do I need to give up to reduce stress and get more of God's peace in my life.

- **Reflect**
- **Pray**
- **Act**



Phil 4:6-7

6 Do not be anxious about anything, but in every situation, by **prayer and petition**, with thanksgiving, present your requests to God. **7 And the peace of God**, which transcends all understanding, will **guard your hearts and your minds** in Christ Jesus.

