

• *And we know that all things work together for good to those who love God, to those who are called according to His purpose. Romans 8:28*

• *“Enlarge the place of your tent, And let them stretch out the curtains of your dwellings; Do not spare; Lengthen your cords, And strengthen your stakes. Isaiah 54:2*

• **Tension- the state of being stretched tight.**

•The stretching comes from 2 opposing forces.

•Tension creates stress points. Anything under tension was designed for a certain amount load. Stress

•Hanging the screens... Too Much?

•Parasailing

•When you finally reach the peak of tension in that rope, sailing high above the open sea, your point of view changes. Suddenly all the things you left behind look smaller and what’s in front of you seems endless!

•Your body operates by tension.

•Without tension you’d just die. Too Much?...

•**I’m not the only one under tension.**

•**Tension is what makes church beautiful.**

•Worship beautiful.

•I think he should preach for 3 hrs. Kids...

•Truth vs. Grace

**Pay Attention to the Tension**

•**FOMO Tension**

•**Fear Of Missing Out**

•while fear of missing out has always been there, the explosion of social media has launched us headfirst into the FOMO experience. Now we have the ability (or curse) to easily see what all our peers are doing all the time.

•**Living vs. A Living**

•Spend more time at home- quit job?

•Get out of the house and get a job!

•**Time Tension**

•Eat out 14,411 times (1,811 trips to McDonalds).

•Spend 13 years and 4 months watching TV.

•Spend 5 years waiting in lines.

•Spend 1 year looking for misplaced items.

•Attend 35 weddings.

•Drive 627,000 miles.

•No one on their death bed wishes they would have done 1 more of these.

•*(Job 9:25 NCV) “My days go by faster than a runner; they fly away*

•**Social media vs. present company**

•*1617 touches in a day. 1440 min in a day*

•*4hrs of phone usage-That's right: most modern people spend a full quarter of their waking hours on their mobile device.*

•*4 hrs/day tv consumption- 40 hrs a week given over to a compulsive pull.*  
*Tension*

•**It takes 23:15sec to get back into what you’ve been working on.**

•Most of us never get fully back into...

•**We know we need less... It causes us stress!**

•Some of the smartest people in the world have designed these apps to exploit your psychological weaknesses.

•Pigeons and the lever- Withhold likes and cluster them, the pigeons pecked almost twice as often when the reward wasn’t guaranteed.

•FB= LIKE BUTTON- A post with zero “likes” wasn’t just privately painful, but also a kind of public condemnation: either you didn’t have enough online friends, or, worse still, your online friends weren’t impressed.

•In several recent studies, teenage and young adult users who spend the most time on Instagram, Facebook and other platforms were shown to have a substantially higher rate of reported depression than those who spent the least time.

•the teen suicide rate is now higher than the teen homicide rate, with three times as many 12-to-14-year-old girls and twice as many boys killing themselves in 2015 as in 2007. ***What was growing at the SAME TIME?***

•***What happens when I cross the stress line?***

•The risk of sinful choices increases.

•***Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap. Luke 21:34***

•My emotions are inconsistent.

•I am less productive.

•***Careful planning puts you ahead in the long run; hurry and scurry puts you further behind. Proverbs 21:5 Message***

•When life becomes chaotic, we become...

• **Scattered. Reactive. Frantic.**

•Back to **Rom. 8:28**

•There's a tension that exists in the Bible that we all feel and live in every day. In Genesis 1, God made the heavens and the earth and He called them good.

•Some things that are good simply because God has made them and called them that. The earth. Life. Marriage. All God-made and good things.

•But not everything is good. We have Genesis 3 to thank for that.

•There's the earth, but there's also earthquakes. There's life, but there's also death. There's marriage, but there's also divorce. This is where we live.

•It's a tension that we have to live with. We're going to have some good and some bad in this world.

•As long as I know that God is in control and I have no control I can rest in the tension.

•I don't make it good...

•Because here's the truth: Some things God makes and calls them good. Some things He makes work together for the good of those who are called.

•Your body, which is good. Or the cancer in it, which is terrible. Your spouse, who is good. Or their death, which was tragic. Your children, who are good. Or them walking away from God, which is heartbreaking.

•**Romans 8:28 isn't a statement of probability or possibility. It's a statement of reality.**

•It's not, God can make all things work for your good, but maybe that doesn't apply to you. It's that every second of your life He is making all things work for your good.

•***Piano strings. Tension with beauty.***

•***There is approximately 30 tons of pressure in a concert grand. The average string having about 160 pounds of tension. There are 230 strings inside a typical piano.***

•**GUITARS**

•Too little tension= flat

•Too much= sharp

• **Satan- tormented by tension, God- Tuned by tension**

•**If you feel the tension increasing, God might be trying to get you intune. Are you In-tune with the Tension?**

☑ **Rest in the pressure.**

•Whether you can see it now or not, your life is one of the greatest testimonies to the goodness and creative capabilities of God you're ever going to behold.

• ***Isaiah 54:2***

•**Lengthen/strengthen- tension/stress**

•**Tension means expansion**

•**Tension always seems to escalate right before a breakthrough.**

•*If you were the enemy, and you knew God was about to bless someone's socks off, strengthen their faith to new levels and display His glorious power, would you not do everything you could to prevent it?*