

No Stress here

Stressful situations can cause health problems as well as having no peace. God does not want you to be stressed out. The Bible tells us in John 10:10 that Jesus came so we could have life abundantly. Having an abundant life does not have to be elusive. Enjoy life and have victory over all situations by learning how to eat off the Lord's Table.

The Bible tells us to taste and see that the Lord is good. (Psalm 34:8) Psalm 23:5 also tells us that the Lord has prepared a table for us in the presence of our enemies. Do you really know how to partake from the Lord's Table? He desires us to partake and taste and see that He is good.

A baby has to be taught how to eat. You may say I'm not a baby. You may not be physically, but if you have never seen the goodness of God, on a consistent basis you may want to learn how to eat.

The medical community says that your diet can affect your health and your quality of life. The Bible tells us in Proverbs 4:22 that God's Word can affect your health and also your quality of life. Here is a very practical way to partake from God's table and start enjoying life.

1Pe 5:5 Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.

1Pe 5:6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:

1Pe 5:7 Casting all your care upon him; for he careth for you.

Notice what it says in verse 5. God resists the proud and gives grace to the humble. Did you know grace is more than just favor? It is an ability to do something you could not do on your own. (1 Cor. 15:10) So, is the grace of God what I need to overcome and live life the way God wants me to? The answer is yes. How do I humble myself to get God's grace? 1 Peter 5: 7 is the key. I need to cast **ALL** my cares upon him. How do I do that? Simply, ask the Lord how He wants you to handle all situations. He is supposed to be Lord not you. Acknowledge His Lordship over all situations. This is how you can be clothed with humility. God gives grace to the humble.

God will resist you if pride is present. Pride is present whenever you decide to do things your own way. God doesn't want to resist you. He wants you to partake from His table that He has prepared for you!

Here is an example from the Bible.

Mat 15:22 And, behold, a woman of Canaan came out of the same coasts, and cried unto him, saying, Have mercy on me, O Lord, thou Son of David; my daughter is grievously vexed with a devil.

Mat 15:23 But he answered her not a word. And his disciples came and besought him, saying, Send her away; for she crieth after us.

Mat 15:24 But he answered and said, I am not sent but unto the lost sheep of the house of Israel.

Mat 15:25 Then came she and worshipped him, saying, Lord, help me.

Mat 15:26 But he answered and said, It is not meet to take the children's bread, and to cast it to dogs.

Mat 15:27 And she said, Truth, Lord: yet the dogs eat of the crumbs which fall from their masters' table.

Mat 15:28 Then Jesus answered and said unto her, O woman, great is thy faith: be it unto thee even as thou wilt. And her daughter was made whole from that very hour.

In Matt. 15:22 the woman addressed Jesus and He did not answer her. Look at her persistence in verse 25 and 27. In verse 25 she HUMBLES herself when she said, "Lord, help me." Then in verse 27 she acknowledges His Lordship.

She received grace and her daughter was healed! Taste and see that the Lord is good! Learn how to humble yourself under the mighty hand of God.

Joh 10:10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

Psa 34:8 O taste and see that the LORD is good: blessed is the man that trusteth in him.

Psa 23:5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Pro 4:22 For they are life unto those that find them, and health to all their flesh.

1Co 15:10 But by the grace of God I am what I am: and his grace which was bestowed upon me was not in vain; but I laboured more abundantly than they all: yet not I, but the grace of God which was with me.