

SYMPTOMS OF **STRESS** AND **ANXIETY**

STRESS

- ◆ Sleep disturbance
- ◆ Excessive worry
- ◆ Rapid heart rate
- ◆ Muscle tension
- ◆ Feeling overwhelmed
- ◆ Poor concentration
- ◆ Forgetfulness
- ◆ Frequent headaches
- ◆ Over eating

ANXIETY

- ◆ headaches
- ◆ stomachaches
- ◆ dizziness
- ◆ fear and feelings of pins and needles,
- ◆ shortness of breath
- ◆ rapid heartbeat
- ◆ excessive sweating
- ◆ shortness of breath
- ◆ chest pain

WHAT IS STRESS AND ANXIETY ?



SYMPTOMS OF **STRESS** AND **ANXIETY**

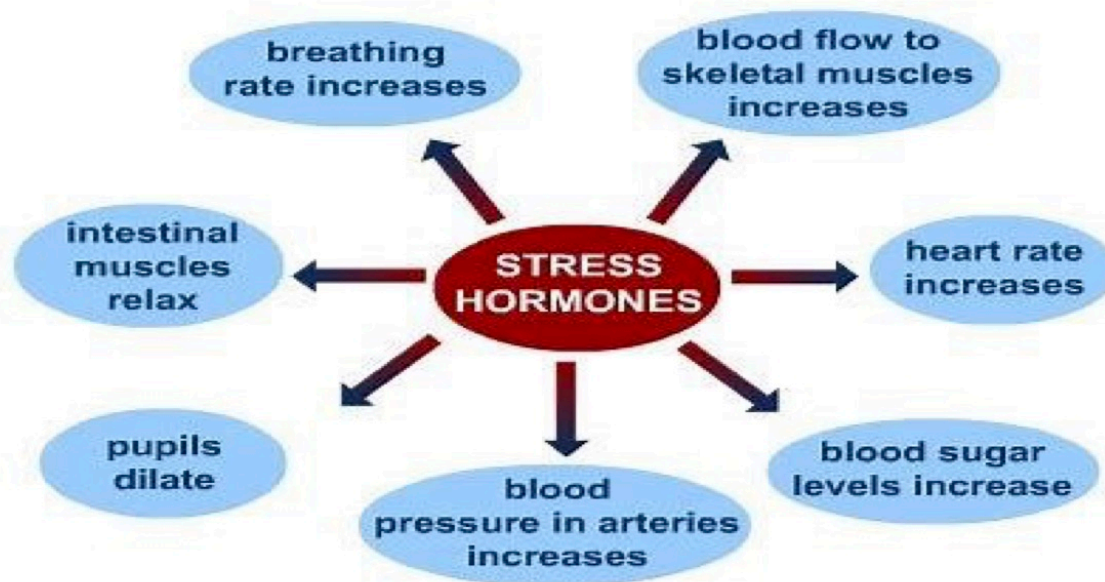
STRESS

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ANXIETY AND STRESS IS ASSOCIATED WITH MANY DIFFERENT SYMPTOMS BUT ARE DRIVEN BY THE SAME CHEMICAL REACTION; (ADRENALINE, CORTISOL, NOREPINEPHRINE)

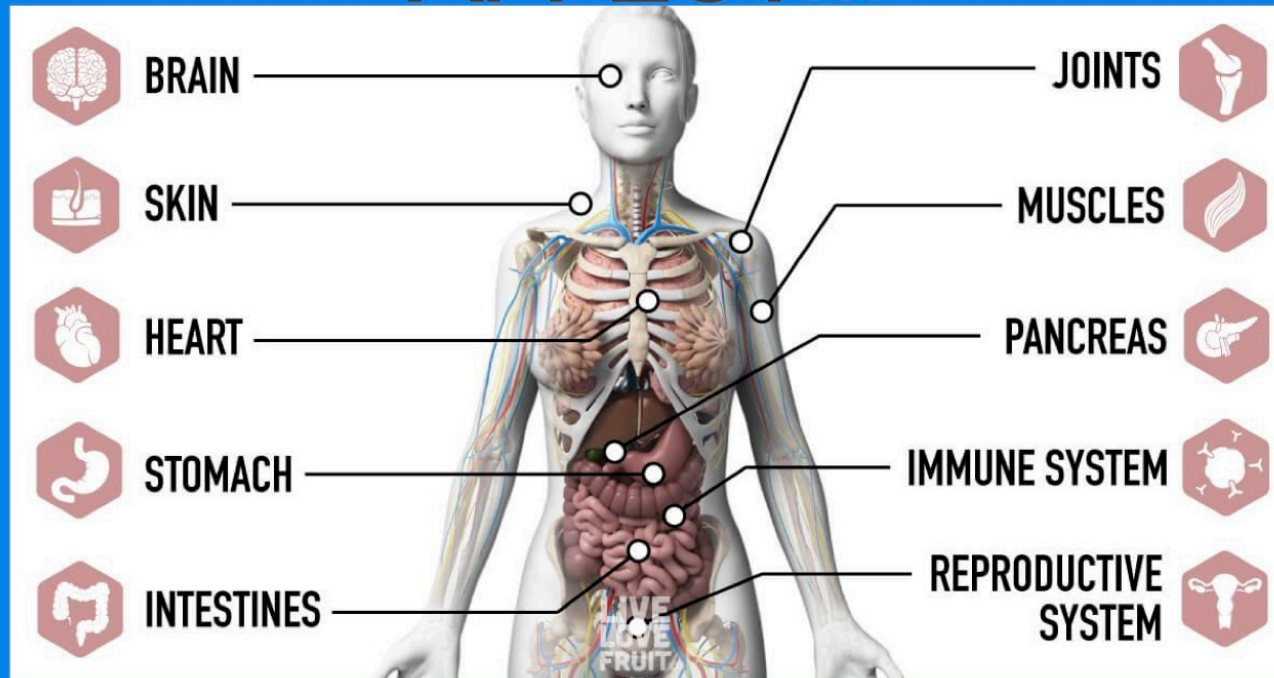


STRESS- AND ANXIETY-RELATED DISORDERS

- ◆ *Generalized anxiety disorder (GAD)*
- ◆ *Panic disorder .*
- ◆ *Post-traumatic stress disorder (PTSD)*
- ◆ *Social phobia*
- ◆ *Obsessive-compulsive disorder (OCD)*



TEN VITAL ORGANS THAT STRESS AND ANXIETY CAN AFFECT...

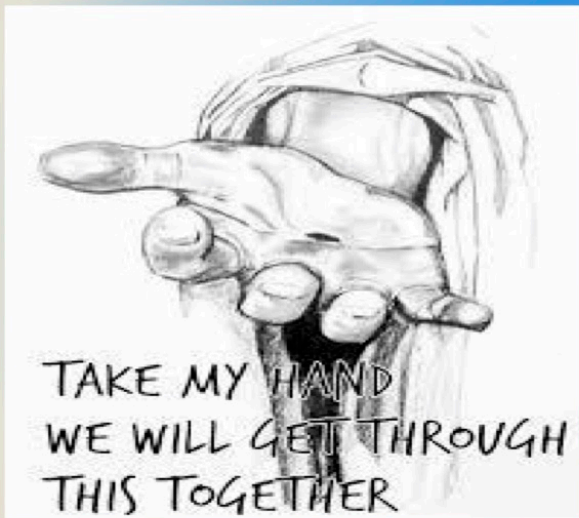


A FEW WAYS TO MANAGE STRESS AND ANXIETY



SCRIPTURES

TRUST GOD



- ❖ **Matthew 6:27** “And which of you by being anxious can add a single hour to his span of life?”
- ❖ **Psalms 46:1** “God is our refuge and strength, and ever-present help in trouble.
- ❖ **Psalms 55:22** “Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.”
- ❖ **Philippians 4:6-7** “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your request be known to God. And the peace of God which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

STRESS AND ANXIETY



LISTEN TO YOUR *BODY!*

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3 John 2

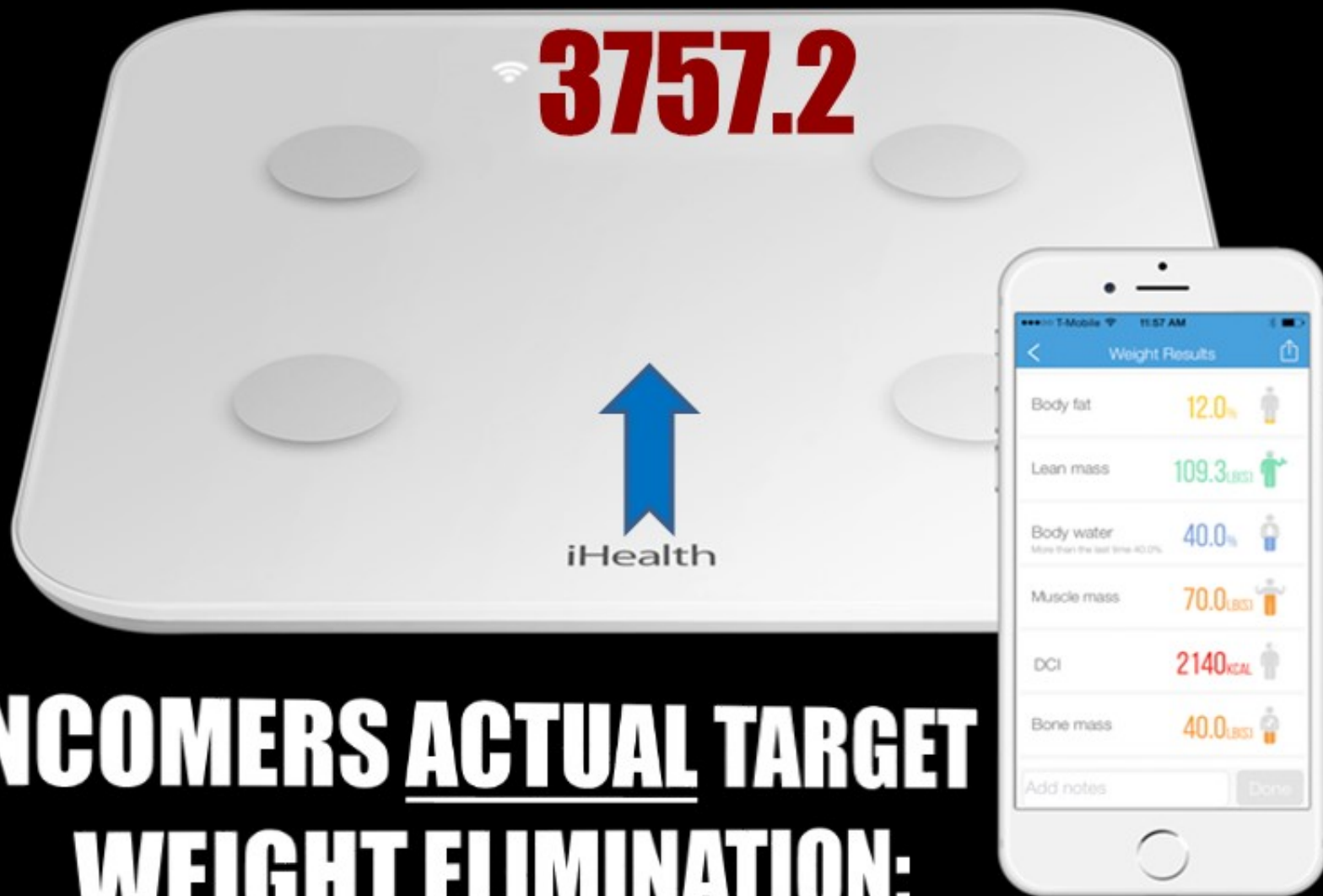
Current Series w/Pastor D

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Series OJB:
The “Theological”
Applications & Infrastructure
to “Health & Wholeness!”

NCOMERS COLLECTIVE WEIGHT: 28,544.9



**NCOMERS ACTUAL TARGET
WEIGHT ELIMINATION:**

“OBESITY” ... IN AMERICA!

- ➡ **35% - Adults, 20/Up - Obese!**
- ➡ **33.35% - Adults, 20/Up - Overweight!**
- ➡ **7 in 10 Adults - Overweight & Obese!**
- ➡ **18% - Children, 6 – 11 - Obese!**
- ➡ **18% - Youth, 12 – 19 - Obese!**

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HEALTH COMPLICATIONS... IN AMERICA

Due to Obesity & Over-Weight:

- ➡ Type II Diabetes!
- ➡ Cardio Vascular Disease!
- ➡ Reduced Respiratory Function!
- ➡ Reduced Physical/Sexual Function!
- ➡ Reduced Quality of Life!
- ➡ 75% of All Monies Spent on Health Care; Due to Lifestyle Choices!

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“FITNESS” ... IN AMERICA!

- ➡ **\$40 Billion Spent Annually!**
- ➡ **40 Million Americans - Purchase Fitness Membership Annually!**
- ➡ **80% - Americans DON'T USE Their Fitness Memberships!**
 - \$20 Millions Dollars Wasted - Annually**

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WHY IS AMERICA "OBESE!" ...



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WHY IS AMERICA "OBESE!" ...

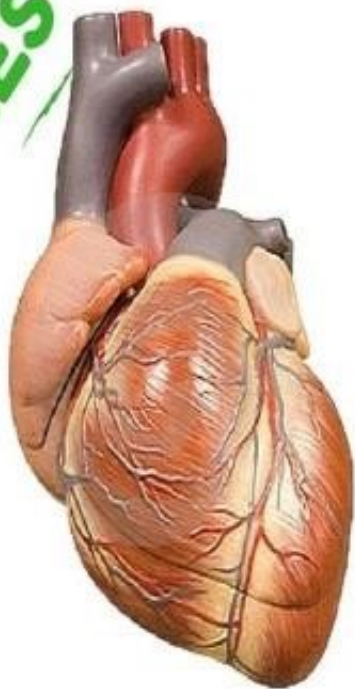


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REMEDIES



SEDENTARY

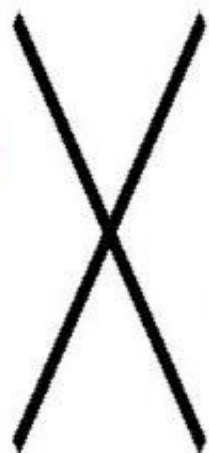


LIFESTYLE



CAUSES

SILENT



KILLER



POWERPOINT... THIS SERIES



What You
Eat Matters!
Our Appetites
Have
Consequences!



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FOUNDATION SCRIPTURES ... THIS SERIES

3 John 2

Beloved, I Pray Above all things that You
May Prosper and be in **Good Health** as
You Strong in Spirit!

Philippians 2: 13

For God is Working in You the **Desire** &
Power to do What Pleases Him!

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 6: 19 - 20

Don't You Know – Your Body is the
Temple (Sanctuary) of the Holy Spirit
Who lives in You, Whom you Received as
a Gift from God? You are Not Your Own,
You were Bought with a Price! So then,
Honor God – Bring Glory to Him in
Your Body!

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 3: 16

“Don’t You Know – You are **God's Temple (Sanctuary)** and that **God's Spirit Dwells** in You? If Anyone Destroys **God's Temple**, God Will Destroy Him. For **God's Temple is Holy**, and You Are that **Temple!**”

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 6: 13

Food was Made for the **Stomach** and the **Stomach** for Food; God Will **Destroy** Them Both & Bring Them to **Nothing!**

Galatians 5: 12

You Were Called to **Freedom**; Only Do Not Use **Your Freedom** as an Opportunity for the **Flesh!**

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 6: 12

Everything is **Permissible** for me – but
NOT Everything is **Beneficial**;

Everything is Permissible – but **I Will**
Not Be Mastered or
Enslaved by Anything!

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Timothy 4: 7

**Discipline Yourself for the Purpose of
Godliness!**

Ecclesiastes 4: 9 - 10

**Two People are Better Than one, Because
They Can Get More Done by Working
Together! If One Person Falls, the Other
Can Help Him Up!**

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“TEACHINGS” ... THIS SERIES



The “Theological” Applications & Infrastructure To Health & Wholeness!

-  **Genesis - Man a “Well-Ordered System!”**
-  **Desires (Appetites) Have Consequences
Origin & Sin of “Gluttony!”**
-  **Biblical Applications - “Pre & Post-Fall
Dietary Eating!” (Parts I, II & III)**

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“TEACHINGS” ... THIS SERIES



The “Theological” Applications & Infrastructure To Health & Wholeness!

-  **Personal Pleasures & Indulgences - Is the “Fruit of the Vine” a Strong Drink? Part I & II!**
-  **He That Lives in Me - “Kingdom FIT!”**

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TODAY'S TEACHING ... WEEK IV/V

I. Christs' Post-Fall Edict; NT Believers Eating

a. Israel's Food Laws . . . **Apply to NT?**

i. NT Church Age - **No Restrictions!**

b. NT Divide/Conflict on Food Eating Restrictions . . . **Christs' Resolution!**

i. Answer - **Do Not Become Lords!**

ii. Live IAW – **Knowledge, Wisdom
& Freedom!**

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TODAY'S TEACHING ... OBJ'S

Did Jesus Give the **NT Church** Any
“**Restrictions**” for Eating Certain
Foods? Did Jesus Define Any
Unclean Foods or Meat Eating?

Did Jesus Fulfill the **LAW**?

Who's Your “**Authority**” for Your
Eating Choices?

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TODAY'S TEACHING... POWERPOINTS

The Earth is the Lord's & Everything in it; . . . God Provides **"All Foods for Eating!"**

What You Eat as a Believer, **Will Not** Keep You Out of Heaven. However, **Poor Eating Choices & Poor Health Stewardship** . . . Can Get You to Heaven Much Sooner!

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ISRAEL'S POST-FALL LAWS ... MEAT

Wages of SIN (Israel)!

1,000 Years After Noah, God Gave
Moses Dietary Restrictions (Clean &
Unclean) for "Israel's" Obedience,
Separation, Health & Holy Identity
Apart from the Pagan Nations!

(Leviticus Chap's 3 & 11; Deuteronomy
Chaps 12 & 14)

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PREVIOUS WEEK ... WEEK IV

Did Jesus Give the **NT Church** Any
“**Restrictions**” for Eating Certain Foods?
Did Jesus Define Any **Unclean Foods** for
the NT Church? ... **NO!**

1 Corinthians 10: 25 – 28

Eat Whatever is Sold in the **Meat Market**
Without Raising Any Question on the
Grounds of **Conscience**. For the Earth is the
Lord's, and the Fullness Thereof.

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PREVIOUS WEEK ... WEEK IV

Romans 1: 1 - 7; 14 - 18; 20 - 21

Believer's in Rome - Holding onto **Levitical Laws (Meat Restrictions - Unclean Food)!**

Caused **Division & Disagreement:**

- ➡ Weak in Faith (Ate Vegetables) - **Conscience!**
- ➡ Mature in Faith Ate Freely - **Conscience!**
- ➡ Paul's Charge - **Do Not Judge/Become Lords!**
- ➡ Problem - **Puffed Up Knowledge!**
- ➡ Liberty - The Conscience & Honor!

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DIVISION IN THE CHURCH . . . MEAT

This Knowledge Puffs Up!

1 Corinthians 8: 1 – 3; 7

Concerning Eating Meat, All of us Have Knowledge – But This Knowledge Puffs Up but **LOVE Builds Up!** If Anyone Thinks

He Knows Something, He Does Not Yet Know as He Ought to Know; . . . However, **Not All Believers Possess This Knowledge!**

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DIVISION IN THE CHURCH . . . MEAT

This Knowledge!

Revealed by Way of **Spiritual Growth & Maturity** . . . Through Revelation of the **HOLY SPIRIT!**

1 Corinthians 2: 10

But God Has Revealed it to Us By the **Holy Spirit**. The **Holy Spirit** Searches All Things, Even the Deep Things of God!

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LISTEN TO YOUR **BODY!**

REMEMBER... THE PURPOSE OF THE LAW

1 Timothy 1: 9

Know (Recognize), the **LAW** Was Not Made (**Intended**) for the **Just/Righteous**, but for Those Who Are Against the **LAW** (**Lawless**) and for Those Who Refuse to Follow it (**Rebellious**). The **LAW** is for People Who Are Against God... Those Who Are Unholy and Ungodly.

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LISTEN TO YOUR **BODY!**

REMEMBER... THE PURPOSE OF THE LAW

The **LAW's Purpose** ... Show You
What's WRONG With You ... **The**
LAW's Purpose Was to Point You to
JESUS ... Show You Your NEED for
God's Son & Grace!

You Never Become **Righteous** by **LAW**
Keeping (**List of Do's & Don'ts**)!

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DID JESUS FULFILL THE LAW ... FOOD?

Matthew 5: 17 - 18

Do Not **Think** that I have Come to Abolish the **LAW** or the Prophets; I have Not Come to Abolish Them but to Fulfill Them. For Truly, I Say to You, Until **Heaven** and **Earth** Pass Away, **Not an Iota, Not a Dot**, Will Pass From the **LAW** Until All is Accomplished.

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DID JESUS FULFILL THE LAW ... FOOD?

Mark 7: 19

Can't You See that the **Food** You Put into Your Body Cannot Defile You? **Food** Doesn't Go into Your **Heart**, but only Passes Through the Stomach and Out of the Body. In Saying This, **Jesus** Declared All Foods Are Acceptable (Clean)!

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DID JESUS FULFILL THE LAW ... FOOD?

Galatians 5: 1

Christ Set Us Free So That We Could
Live in Freedom - So Stand Strong.
Do Not Change and Go Back into the
Slavery of the **LAW!**

Is there a Failure in the NT
Church to **Obey Christ!**

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CHRIST'S RESOLUTION ... NT EDICT!

Do Not Become Lords!

Galatians 5: 13

You Were Called to **Freedom**, Only Do Not Use Your **Freedom** as an Opportunity for the Flesh; Through **Love Serve** One Another.

1 Corinthians 8: 9

You Must be Careful – **Your Freedom Does Not Cause** Others with a **Weaker Conscience** to Stumble!

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CHRIST'S RESOLUTION ... NT EDICT!

Do Not Become Lords!

The Eating of Foods (Clean or Unclean)
Does Not Give You **Favor** With God!

1 Corinthians 8: 8

Food Will Not Make us **Acceptable** to
God. We Are No Worse Off if We Do Not
Eat, and No Better Off if We Do!

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THE CHRISTIAN & THE ... CONSCIENCE

- ✎ Bears **Witness** to Your **Value** System!
- ✎ Trustworthy **Guide** When **Ruled** by **God**!
- ✎ Must Be Subordinate to God's Word!
- ✎ Can Be Seared & Corrupted by SIN!

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CHRIST'S RESOLUTION ... NT EDICT!

Knowledge, Wisdom & Freedom!

Don't Be **Religious!** ... Stay Away from
Legalistic **Do's & Don'ts** that Lead to
Bondage!

Colossians 2: 16 - 17

Let NO ONE **Judge You** in Questions of
Food & Drink ... What is **True** and **Real** has
Come and is Found in **Christ!**

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CHRIST'S RESOLUTION ... NT EDICT!

Knowledge, Wisdom & Freedom!

Ignore False Teaching Concerning
Things **Created by God**; Enjoy Them
with **Thanksgiving!**

1 Timothy 4: 1 - 5

In Latter Times Some Will Turn Away from
the **Faith**, Giving Attention to Deluding
Seducing spirits &

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CHRIST'S RESOLUTION ... NT EDICT!

Knowledge, Wisdom & Freedom!

1 Timothy 4: 1 - 5

& Doctrines that **False Teachers** Teach; Who
Forbid People to **Marry** and **Abstain** from
Certain Kinds of **Foods** Which **God Created** to
be Received with **Thanksgiving**! Everything
God Created is Good, and Nothing is to Be
Thrown Away or Refused if it is Received
with **Thanksgiving**!

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CHRIST'S RESOLUTION ... NT EDICT!

Knowledge, Wisdom & Freedom!

Matthew 4: 3 - 4

During That Time the devil Came & Said to Jesus, "If You Are the **Son of God**, Command These Stones to Become **Loaves of Bread**."

But Jesus Told Him, **It is Written**, Man Shall Not Live (be Sustained) by **Bread Alone**, but by **Every Word** that Comes From the **Mouth of God!**

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CHRIST'S RESOLUTION ... NT EDICT!

Knowledge, Wisdom & Freedom!

Matthew 4: 3 - 4

You Need An Appetite for **God's**
Word MORE Than You Need Food!
The Taste for **God Out-Satisfies**
Food!

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CHRIST'S RESOLUTION ... NT EDICT!

Knowledge, Wisdom & Freedom!

1 Corinthians 6: 12 - 13

Everything is **Permissible** for me – but NOT
Everything is **Beneficial/Lawful**; but I Will
Not Be **Mastered or Enslaved** by Anything!
Food is For the Stomach and the Stomach
for **Food**—**God** is Going to Destroy Both.

Don't Allow **Food** to Become An **Idol**
or Your **Master!**

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CHRIST'S RESOLUTION ... NT EDICT!

Knowledge, Wisdom & Freedom!

What You Eat (**Clean or Unclean**) is not
Matter of Laws, Traditions, Legalism,
Judging or Veganism!

The **Principle Thing** in the Body of Christ
is **Unity & Love**, One to Another!
Righteousness, Peace & Joy
in Christ!

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CHRIST'S RESOLUTION ... NT EDICT!

Knowledge, Wisdom & Freedom!

The Principle Thing is LOVE for God & Your
Brothers & Sisters in the Faith ... Should
Guide Your Conduct! Do Not Judge a
Weaker Brother or Sister in the Faith!
(Unity in the Body is Key)

Until You "Get it" ... You Ain't
"Got it!"

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CHRIST'S RESOLUTION ... NT EDICT!

Knowledge, Wisdom & Freedom!

Did Jesus Fulfill the **LAW**?

Who's Your "**Authority**" for Your
Eating Choices?

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to “Health & Wholeness!”

TODAY'S TEACHING.. POWERPOINT

We Identify & Label Our Bad Habits as
... **"That's Just Way I Am!"**

We Make Excuses for Bad Habits &
Behaviors (Eating, Drinking, Dishonesty,
Smoking or _____).

There's Nothing Going on in Your Life –
You Haven't Chosen ... **"You Know
Exactly Who You Are!"**

LISTEN TO YOUR **BODY!**

