



Jeff Sweeten

Thus Saith the Lord
is presented by the

Park Heights Church of Christ

1300 E. Boynton St.
Hamilton
254-386-3953

Schedule of Services

SUNDAY

9:30 a.m. Bible Class
10:25 a.m. Morning Worship
1:30 p.m. Afternoon Worship

WEDNESDAY

7:00 p.m. Bible Study

Please call or email if you
have a question or comment
254-386-3953

jeffdsweeten@gmail.com or
chelejones24@yahoo.com

Website:
www.parkheightscoc.com

Thus Saith the Lord

LEAVE STRESS

By Jeff Sweeten

I was cruising the beautiful thoroughfares of Hamilton recently, basking in the beauty of the tree lined semi-blacktops – yes, because we have a few that need repair does not minimize the fact that there are some beautiful streets in Hamilton – and I noticed a strange phenomenon. Leaves, not in numbers of one or two but in sheets and blankets, were falling from trees as I passed under them (and on the motorcycle, it was *really* noticeable). I was thinking to myself, “August is a bit early for fall, don’t ya think!” So, I did a bit of research.

Turns out, trees tend to lose their leaves in alarming quantities when they get stressed. Evidently, evolutionists have missed this connection between trees and humans since we both experience stress – which begs the question: “From which tree are *you* descended? The knotty naughty pine?” (No judgment here!). Certainly, the heat we have been experiencing in this scalding summer of 2023 has set a few records, even breaking several set in the cauldron of 1980, and it could be argued that our human stress levels have been elevated in tandem with the trees. I’ve always associated “cabin fever” as unique to winter but getting out in this heat is repressive, and I depend so heavily on the air conditioning to breathe. As it turns out, stress can be a negative all the way around in God’s creation.

Isn’t it ironic that of all the stimuli of human existence Jesus could have used, when it came to stress, He employed nature’s beauty?

“Therefore I say to you, do not worry about your life... Consider the lilies of the field, how they grow; they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these.” (ref. Matthew 6:25-32)

What is even more curious is that the solution for stress is stated in this passage. Most discussions or sermons I’ve heard on Matthew 6:33 press its depths as though it has no context. But, such is not the case. The foundation upon which verse thirty-three takes its meaning has to do with *stress*. You know, those everyday concerns that bog us down, distract us so effectively that we forget why we’re even on this blue marble! We get so caught up on the “what-I-need- today-right-now” kick that we lose sight of the “where-I’ll-be-forever” score. This is dangerous. So dangerous, in fact, that Jesus saw fit to include it in the corpus of one of the most, if not *the* most, profound speech in the history of humanity. Stress is an issue that demands to be addressed!

So, He said:

“But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” Matthew 6:33-34

Leave stress by putting God first; you will be relieved!