

Understanding the Solution

For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; while we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

II Corinthians 4:16-18

A mind renewed by the Spirit of God with the truth of God is the only antidote for guilt, anxiety, anger, and despair. It is the only cure for a noisy soul.

A. Understanding Pressure and Strain

1. Pressure is first evaluated by the mind.
2. Persistent anxiety had negative effects (strain) on the body.
 - a. While most of the effects listed below can have other causes, the following are common indications of bodily strain caused by wrongly handles pressures: muscular tensions and headaches; insomnia and fatigue; increased or decreased appetite; heart palpitations, ulcers, and other stomach disorders; and so forth.
 - b. The negative effects of unresolved pressure on the mind and its emotions include the following: depression, boredom, listlessness, dullness, and lack of interest; irrational fears; and anxiety-related disorders; compulsive behavior (extreme perfectionism, eating disorders, and

excessive cleanliness, orderliness, or exercise); changes in personal and social habits (withdrawal, obnoxiousness, and so forth).

3. A disciplined mind and body have greater ability to withstand pressure with fewer debilitating effects on either the mind or the body (like concrete reinforced with steel rods).

a. A disciplined mind approaches pressure with purpose and structure. These elements give it a measure of endurance.

b. A disciplined body is healthier because it receives adequate and consistent amounts of nutrient, rest, and exercise. These elements also give it a measure of endurance.

4. God, however, never intended for man to be able to handle the pressure of life on his own.

a. This is true even if his mind and body are disciplined to the highest possibly human level (Matthew 4:4, John 15:4-5, II Corinthians 3:5, 4:7, etc.). Discipline of mind and body alone are very helpful but never enough to handle life's demands adequately.

b. Most people do not adequately discipline their bodies and are selective of the areas of life in which they maintain disciplined mental processes. In addition, they face extra pressures such as fear, anger, and unresolved guilt in areas of responsibility where they have failed God and others. They are aware that their lives, while productive in some areas, do not very effectively honor the Lord.

B. Handling Pressure Biblically

1. Eliminate the pressures God does not intend for you to bear.
 - a. Eliminate sin and its results (Hebrews 12:1, I John 1:9, Ephesians 4:22)
 - b. Eliminate responsibilities you have assumed outside the will of God. Motivation for even good activities can come from sinful lusts (I John 2:16).
2. Reinforce the beams so they will withstand the weight of the pressure you bear in the will of God.
 - a. A disciplined body is helpful: adequate rest, nutritious diet, regular exercise
 - b. A renewed mind is essential!

C. The Result – A Different Way of Looking at Life and It's Pressures

A renewed mind possesses a Bible-taught and Spirit-illuminated belief that God is more than enough for me.

Conclusion: You must spend much time beholding God if you are to have a renewed mind – and, thus, a quiet soul.