

FOURTH QUARTER STRATEGIES - January 30, 2016

I've been intrigued by the causes and effects of stress for years. That interest stems from a graduate course entitled *The Management of Stress* taken over thirty years ago. Our required reading for the course included a 900-page book written by the so-called Father of Stress, Dr. Hans Selye. Published in 1956, *THE STRESS OF LIFE* coined the term stress through the numerous experiments Selye conducted on laboratory rats. His original experimentation was designed to discover a new hormone, but it ended in the discovery of a totally new field of discipline that crossed over between medicine, behavioral science and the humanities.

This Hungarian born endocrinologist, determined there were two types of stressors that we all face as human beings. He called bad stress Distress and good stress Eustress. Interestingly, both types can have a significant impact on our health. He concluded that prolonged periods of stress can cause the human body to become susceptible to major illness. It took many years for the medical community to embrace his theory that stress could negatively impact one's health, but in time his life work became widely accepted. In his later years, Dr. Selye spent much of his life speaking on the topic of stress to diverse groups from the medical profession and the religious profession. But let's get back to our discussion on stress and how we are affected by it in life.

Our bodies can easily get run down as we use adrenaline to cope with the ups and downs of our daily experiences. Our lives are filled with stressful situations that may well be out of our control. For example, Management may well put unrealistic pressure on us to produce seemingly unobtainable results. We may face circumstances in our family that seem insurmountable and impossible to handle. We might have to deal with a financial dilemma without knowing where to turn for help. We may sense the world is closing in on us and there's nowhere to turn and life seems futile and you feel like just giving up!

Well, I can confide that I've been in some of those dark places and I believe I've found the answer for stress in my life and I believe it can be the answer for you as well. I've found someone I can turn to and find the rest I need to overcome the effects of stress in my life. He's my Comforter and He's available to all who will come to Him. Christ is more than just our Savior. He's the One who tells us, "Come to me all who are weary and burdened, and I will give you rest." (Matthew 11:28) Then He goes on to say, "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." (Matthew 11:29) Hans Selye realized the value of proper rest in overcoming the stress of life through his study of clinical rats.

Do you ever feel like you're caught in a rat race? Let me share a pithy quote from Comedian Lily Tomlim. She declares, "The trouble with the rat race is that even if you win, you're still a rat!" I've always found that quote quite profound. Why in the world would anyone want to be caught in a rat race, if our reward is to simply become the top rat? Perhaps we are focusing on the wrong race. The race I run is the one that leads to a much greater prize. That prize can only be found at the throne of the Almighty King and it requires me to kneel at His feet in order to receive the crown of glory. So, if you are caught up in the rat race, I suggest you consider taking a new direction that will take you off the path of destruction and put you on the path of stress-free living. Come join me on the path that leads to eternal life!

Here to serve,

Jim Langley, CLU

Passages to Ponder: Joshua 1:13; Psalm 37:7; Jeremiah 6:16; Matthew 11:28-30; 2 Corinthians 5:4-5; Galatians 6:1-3; 1 John 5:2-4

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Joshua 1:13 New King James Version (NKJV)

¹³“Remember the word which Moses the servant of the LORD commanded you, saying, ‘The LORD your God is giving you rest and is giving you this land.’”

Psalm 37:7 New King James Version (NKJV)

⁷Rest in the LORD, and wait patiently for Him;
Do not fret because of him who prospers in his way,
Because of the man who brings wicked schemes to pass.

Jeremiah 6:16 New King James Version (NKJV)

¹⁶Thus says the LORD:
“Stand in the ways and see,
And ask for the old paths, where the good way *is*,
And walk in it;
Then you will find rest for your souls.
But they said, ‘We will not walk *in it*.’”

Matthew 11:28-30 New King James Version (NKJV)

²⁸Come to Me, all *you* who labor and are heavy laden, and I will give you rest. ²⁹Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For My yoke *is* easy and My burden is light.”

2 Corinthians 5:4-5 New King James Version (NKJV)

⁴For we who are in *this* tent groan, being burdened, not because we want to be unclothed, but further clothed, that mortality may be swallowed up by life. ⁵Now He who has prepared us for this very thing *is* God, who also has given us the Spirit as a guarantee.

Galatians 6:1-3 New King James Version (NKJV)

⁶Brethren, if a man is overtaken in any trespass, you who *are* spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. ²Bear one another’s burdens, and so fulfill the law of Christ. ³For if anyone thinks himself to be something, when he is nothing, he deceives himself.

1 John 5:2-4 New King James Version (NKJV)

²By this we know that we love the children of God, when we love God and keep His commandments. ³For this is the love of God, that we keep His commandments. And His commandments are not burdensome. ⁴For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.