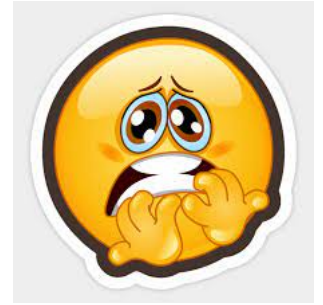




# Are you stressed ?



42 Only on God do thou, my soul,  
still patiently attend;  
my expectation and my hope  
on him alone depend.

2 He only my salvation is,  
and my strong rock is he;  
he only is my sure defence:  
I shall not movèd be.

In God my glory placèd is,  
and my salvation sure;  
in God the rock is of my strength,  
my refuge most secure.

4 Ye people, place your confidence  
in him continually;  
before him pour ye out your heart;  
God is our refuge high

"Through faith, we have peace with God through our Lord Jesus Christ" Romans 5.1

From a world of insecurity we turn to You, God of ultimate security  
from a world of uncertainty we turn to You, God of certainty  
from a world of breaking promises we turn to You, a promise keeping Gc  
and praise You,  
as our refuge to Whom we can turn  
as our strength Who enables us  
and give thanks that we can pour out our hearts to You



O God of eternity, that You are interested in the details of our living  
that we can come to You with our hurts, with our hassles, with our hopes  
and find in You peace and strength, we give thanks.

Grant us then Your peace, and then no peace until we share that message of peace with others  
through Jesus Christ our Risen Lord and Saviour to Whom with You, o Father and the  
Holy Spirit be all praise and glory, now and for ever. AMEN

Matthew 6 19

Age of stress "Take no thought" AV

19 "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.

22 "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. 23 But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

24 "No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

25"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?

28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendour was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

556 I need Thee every hour  
 Most gracious Lord  
 No tender voice like Thine  
 Can peace afford  
 I need Thee O I need Thee  
 every hour I need Thee  
 O bless me now my Saviour  
 I come to Thee

I need Thee every hour  
 Most gracious Lord  
 No tender voice like Thine  
 Can peace afford  
 I need Thee O I need Thee

I need Thee every hour  
 Stay Thou nearby  
 Temptations lose their power  
 When Thou art nigh  
 I need Thee O I need Thee

I need Thee every hour  
 teach me Thy will  
 and Thy rich promises i  
 in me fulfil  
 I need Thee O I need Thee

Take no thought

Does that mean we don't need to think?

"Take no thought" AV is better translated "don't fret" or "Don't brood"

### A. Problems which pressurise

1. Challenge of the mania of materialism - the attraction which destroys advertising leads to expectancy
2. Consideration of the nastiness of niggles - the attitude which distracts
3. Comfort regarding the waste of worry - the anxiety which disables



### B. Pointers for coping - distinguish between ..

- ... Immediate and important
- ... Permanent and passing
- ...Enabling foresight and disabling brooding
  - like running a car engine - pointless unless to clear vision or in gear
  - so no point in going over and over unless to clear thinking or do something about it
- ...Primary and secondary seek you first ...
  - is sharing good news top of agenda?

641 Seek ye first the kingdom of God  
And His righteousness;  
And all these things shall be added unto you.  
Hallelu, Hallelujah!

Ask, and it shall be given unto you;  
Seek, and you shall find.  
Knock, and it shall be opened unto you.  
Hallelu, Hallelujah!

Man shall not live by bread alone,  
But by every word  
That proceeds out from the mouth of God.  
Hallelu, Hallelujah!

Prayers of intercession.

We started our service with the words Ye people, place your confidence in him continually;  
before him pour ye out your heart; God is our refuge high  
Therefore we come and pour out our hearts to You  
... bringing to You our global world - thinking of Ukraine, the refugees  
and the troubles of Syria, Yemen, South Sudan  
... bringing to You our society - praying for people who are trapped in domestic abuse  
in the addiction to on-line gambling, internet porn, or double lives  
... bringing to You our circle of friends, - those who are troubled or stressed,  
those who are searching for faith, those who put on a facade of being an atheist or  
agnostic but underneath are unsettled and wondering, that in Your loving purpose we  
might be used to help them find in You the peace and security which the world can never  
give or take away  
... bringing to You our congregation, praying Your wisdom on presbytery and kirk session,  
and for helping a growing generation find their identity and purpose for living in You  
... and in the stillness and quietness our own thoughts

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts as we forgive our debtors.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom, the power and the glory,  
for ever and ever. Amen.

551 In heavenly abiding,  
No change my heart shall fear  
And safe is such confiding  
For nothing changes here.  
The storm may roar without me,  
My heart may low be laid,  
But God is round about me  
And can I be dismayed?.

Green pastures are before me,  
Which yet I have not seen,  
Bright skies will soon be o'er me  
Where darkest clouds have been  
My hope I cannot measure,  
My path in life is free,  
My Father has my treasure  
And He will walk with me.

Wherever He may guide me,  
No want shall turn me back,  
My shepherd is beside me  
And nothing can I lack.  
His wisdom ever waketh,  
His sight is never dim;  
He knows the way He taketh  
And I will walk with Him