



Article Title— **“Stress Relief may be Easier Than You Think!”**

Article Category— **Practical Christianity**



The first section of this short article were posted by my friend, Noel Smith, on Sunday morning, June 3, for our Facebook group, TC's Friends Club. You can find a hotlink to that site in the postscript at the bottom of the article.

A 1988 article in "Psychology Today" reported on an experiment involving 1700 women under stress. The women participated in various projects that involved helping other people. Within 30 days, 85% of the women reported that they had been relieved of stress symptoms that included "stress-related disorders such as headaches, voice loss and even pain accompanying lupus and multiple sclerosis."

I suspect many people could save thousands of dollars on therapy and antidepressants if they would just take time to serve others. The best way to get beyond our pain is to get outside of it.

When we refocus our attention on the needs of others when we ourselves are in turmoil, it allows the burden of our circumstance to be removed from us. The more one focuses on their own problem the more likely you are to become depressed.

- > "To proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all that mourn; To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified." —Isaiah 61:2-3



A mutual Facebook friend posted this comment—

- > "'Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.' —Luke 6:38

"It is tragic, I think, that this clearly-pertinent and powerful scripture is frequently quoted out-of-context: From visible church pulpits it is uttered almost-exclusively to encourage church folk to 'Give 'til it hurts!' Gotta have them followers' dollars, ya'know, to sustain those who preach for a living and to build and maintain those gorgeous church campuses and such.

"Bottom Line: The investing of ourselves in OTHER PEOPLE yields an R.O.I. that far exceeds the R.O.I. of ANY legal and moral FINANCIAL investment ever! And we don't even have to wait 'til the beginning of eternity' to enjoy it!"

—T. C. Newsome

PS: Comments? Questions? Scriptural rebuttals? They're all welcome! [www.Link1.info/contact-us](http://www.Link1.info/contact-us).

To participate in sensible Bible-related discussions, join us at TC's Friends Club. Here's the hot link: <https://www.facebook.com/groups/136708110091989/>

I was a successful Bible teacher for a LOT of years—big sanctuary classes.  
I knew what my denomination believed and that's what I taught.  
Yes, I should've checked it out to make sure it was true.

So why didn't I do that? Well, maybe I didn't do that for the same reason that you haven't really checked out what your denomination teaches.

"In religion and politics, people's beliefs and convictions are in almost every case gotten at second hand, and without examination." —Samuel Clemens



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