



# Peace and Rest for the Stressed

## What to do with fear, anxiety and depression.

There are people who do everything they know to be right in the area of health, and they do it correctly; to the best of their ability and understanding, but who have much physical suffering and even disease. Many diseases will never really be cured until their true origin and nature are addressed.

In the Bible, the story of the paralytic who was let down through the roof of a house into Jesus' presence, found in Mark 2:1-12, is a real help in thinking this through. Jesus first told this man that his sins were forgiven, even though it was obvious he was a paralytic. When he realized and accepted this forgiveness, he then had peace, then Jesus could and did heal his physical body.

The paralytic found in Christ healing for both the soul and the body. The spiritual healing was followed by physical restoration. This lesson should not be overlooked. There are today thousands suffering from physical disease, who, like the paralytic, are longing for the message, "Thy sins are forgiven." The burden of sin, with its unrest and unsatisfied desires, is the foundation of their maladies. They can find no relief until they come to the Healer of the soul. The peace which He alone can give, would impart vigor to the mind, and health to the body. {DA 270.1}

The lesson from this is this: we can chase a disease all over a person's body, and we often do with all our fancy natural remedies, but until that person has the peace of heaven in their soul, all will be in vain, they will have no relief until they come to the Healer of the soul and find peace.

The solution is initiated by making sure a person has begun the process with the true Healer of the soul. Where then is the beginning point of the true healing process? And how does one know if they have truly begun in the path of God's healing? It's like having an insurance policy on a vehicle before driving it. How does one know when they are really covered by insurance? Should one really take a risk and drive a car, without insurance?

I saw that it is the privilege of every Christian to enjoy the deep movings of the Spirit of God. A sweet, heavenly peace will pervade the mind, and you will love to meditate upon God and heaven. You will feast upon the glorious promises of His word. But know first that you have begun the Christian course. Know that the first steps are taken in the road to everlasting life. Be not deceived. I fear, yea, I know, that many of you know not what religion is. You have felt some excitement, some emotion, but have never seen sin in its enormity. You have never felt your undone condition and turned from your evil ways with bitter sorrow. You have never died to the world. {1T 159.1}

The person must know first that they have begun their walk with the Lord! And once they have begun, using the car insurance illustration, they should know the provisions of the insurance policy. What is in God's policy? What has He promised?

The sense of sin has poisoned the springs of life. But Christ says, "I will take your sins; I will give you peace. I have bought you with My blood. You are Mine. My grace shall strengthen your weakened will; your remorse for sin I will remove." {MH 85.1}

Never feel that Christ is far away. He is always near. His loving presence surrounds you. Seek Him as One who desires to be found of you. He desires you not only to touch His garments, but to walk with Him in constant communion. {MH 85.2}

This concept of God removing remorse can come as a great revelation to the sufferer. Some feel they should spend their whole life making sure they are eternally remorseful, repentant and sorry--that they are to be eternally groveling for their sins. Some wonder, "How does one know that they have been remorseful enough for their sin?" But once they have started the new birth, the remorse can be removed! The past is the past, today is a new day, and God takes a person as though they have never sinned.

We are not to serve God as if we were not human, but we are to serve him as those who have been redeemed by the Son of God and through the righteousness of Christ we shall stand before God pardoned, and as though we had never sinned. We shall never gain strength in considering what we might do if we were angels; but as

obedient children we are to turn in faith to Jesus Christ, and show our love to God through obedience to his commands. {ST, April 10, 1893 par. 4}

This question about whether or not a person has really started the Christian walk is pivotal to their peace and confidence. So how does one know they have really signed the “insurance policy”? Are they safe in the “policy” arms of a loving Savior? Do they qualify for the fulfillment of His promises?

It is peace that you need--Heaven's forgiveness and peace and love in the soul. Money cannot buy it, intellect cannot procure it, wisdom cannot attain to it; you can never hope, by your own efforts, to secure it. But God offers it to you as a gift, "without money and without price." Isaiah 55:1. It is yours if you will but reach out your hand and grasp it. The Lord says, "Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." Isaiah 1:18. "A new heart also will I give you, and a new spirit will I put within you." Ezekiel 36:26. {SC 49.2}

You have confessed your sins, and in heart put them away. You have resolved to give yourself to God. Now go to Him, and ask that He will wash away your sins and give you a new heart. Then believe that He does this because He has promised. {SC 49.3}

How does one know when they have enough peace?

As through Jesus we enter into rest, heaven begins here. We respond to His invitation, Come, learn of Me, and in thus coming we begin the life eternal. Heaven is a ceaseless approaching to God through Christ. The longer we are in the heaven of bliss, the more and still more of glory will be opened to us; and the more we know of God, the more intense will be our happiness. As we walk with Jesus in this life, we may be filled with His love, satisfied with His presence. All that human nature can bear, we may receive here. {DA 331.3}

For some it helps to schedule things. Start your day with God's peace first thing in the morning!

When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven. {MH 253.2}

Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, "Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee."

This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ. {SC 70.1}

No outward observances can take the place of simple faith and entire renunciation of self. But no man can empty himself of self. We can only consent for Christ to accomplish the work. Then the language of the soul will be, Lord, take my heart; for I cannot give it. It is Thy property. Keep it pure, for I cannot keep it for Thee. Save me in spite of myself, my weak, unchristlike self. Mold me, fashion me, raise me into a pure and holy atmosphere, where the rich current of Thy love can flow through my soul. {COL 159.3}

“Believe that He does this because He has promised”. Here is the key: once a person has confessed their sin and put it away, and have requested a new heart, they have it by faith, and they can walk by faith. What if guilt stalks them? Then they need to take positive action. They need to lay the feelings of guiltiness at the foot of the cross.

Jesus sees the guilt of the past, and speaks pardon, and we must not dishonor Him by doubting His love. This feeling of guiltiness must be laid at the foot of the cross of Calvary. The sense of sinfulness has poisoned the springs of life and of true happiness. Now Jesus says, "Lay it all on Me. I will take your sins. I will give you peace. Banish no longer your self-respect, for I have bought you with the price of My own blood. You are mine. Your weakened will I will strengthen; your remorse for sin I will remove." Then turn your grateful heart, trembling with uncertainty, to Him, and lay hold on the hope set before you. God accepts your broken, contrite heart, and extends to you free pardon. He offers to adopt you into His family, with His grace to help your weakness. And the dear Saviour will lead you on step by step, you placing your hand in His, and letting Him guide you. {9MR 305.3}

Now, if they are to lay the feeling of guiltiness at the foot of the cross, sometimes they may not have come to full grips with their guilt and it is necessary for them to take a full inventory. Really, searching for sin is part of the process of true healing.

1Cor 11:28 (KJS) But let a man examine himself, and so let him eat of [that] bread, and drink of [that] cup. 29 For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body. 30 For this cause many [are] weak and sickly among you, and many sleep. 31 For if we would judge ourselves, we should not be judged.

The search is best conducted with a standard in mind. If a person is on an Easter egg hunt (not that I am recommending one), it helps to have in mind what an Easter egg looks like. Likewise, if one is to search their life for hidden sin, the thing to have in mind is the law, the ten commandments, and further, the way in which Christ lived out the ten commandments.

“For our present and eternal good, let us criticize our actions, to see how they stand in the light of the law of God. For this law is our standard. Let every soul search his own heart.” 7BC 986

No man can of himself understand his errors. "The heart is deceitful above all things, and desperately wicked; who can know it?" Jer. 17:9. The lips may express a poverty of soul that the heart does not acknowledge. While speaking to God of poverty of spirit, the heart may be swelling with the conceit of its own superior humility and exalted righteousness. In one way only can a true knowledge of self be obtained. We must behold Christ. It is ignorance of Him that makes men so uplifted in their own righteousness. When we contemplate His purity and excellence, we shall see our own weakness and poverty and defects as they really are. We shall see ourselves lost and hopeless, clad in garments of self-righteousness, like every other sinner. We shall see that if we are ever saved, it will not be through our own goodness, but through God's infinite grace. {COL 159.1}

Now once a person has completed their search, under the invited guidance of the Holy Spirit, they can be at peace as were the children of Israel after the Day of Atonement.

With sacred song and thanksgiving the worshipers celebrated this occasion. A little before the feast (of Tabernacles) was the Day of Atonement, when, after confession of their sins, the people were declared to be at peace with Heaven. Thus the way was prepared for the rejoicing of the feast. {DA 448.3}

Let God lead through this and don't make it a "works trip". Rest in His love.

Oh, how many lose the richest blessings that God has in store for them in health and spiritual endowments! There are many souls who wrestle for special victories and special blessings that they may do some great thing. To this end they are always feeling that they must make an agonizing struggle in prayer and tears. When these persons search the Scriptures with prayer to know the expressed will of God, and then do His will from the heart without one reservation or self-indulgence, they will find rest. All the agonizing, all the tears and struggles, will not bring them the blessing they long for. Self must be entirely surrendered. They must do the work that

presents itself, appropriating the abundance of the grace of God which is promised to all who ask in faith. {9T 165.2}

Some people get started on this journey and get stuck just looking at themselves, worrying about whether they are saved yet or not.

When the mind dwells upon self, it is turned away from Christ, the source of strength and life. Hence it is Satan's constant effort to keep the attention diverted from the Saviour and thus prevent the union and communion of the soul with Christ. The pleasures of the world, life's cares and perplexities and sorrows, the faults of others, or your own faults and imperfections--to any or all of these he will seek to divert the mind. Do not be misled by his devices. Many who are really conscientious, and who desire to live for God, he too often leads to dwell upon their own faults and weaknesses, and thus by separating them from Christ he hopes to gain the victory. We should not make self the center and indulge anxiety and fear as to whether we shall be saved. All this turns the soul away from the Source of our strength. Commit the keeping of your soul to God, and trust in Him. Talk and think of Jesus. Let self be lost in Him. Put away all doubt; dismiss your fears. Say with the apostle Paul, "I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me." Galatians 2:20. Rest in God. He is able to keep that which you have committed to Him. If you will leave yourself in His hands, He will bring you off more than conqueror through Him that has loved you. {SC 71.2}

When Christ took human nature upon Him, He bound humanity to Himself by a tie of love that can never be broken by any power save the choice of man himself. Satan will constantly present allurements to induce us to break this tie--to choose to separate ourselves from Christ. Here is where we need to watch, to strive, to pray, that nothing may entice us to choose another master; for we are always free to do this. But let us keep our eyes fixed upon Christ, and He will preserve us. Looking unto Jesus, we are safe. Nothing can pluck us out of His hand. In constantly beholding Him, we "are changed into the same image from glory to glory, even as by the Spirit of the Lord." 2 Corinthians 3:18. {SC 72.1}

Everyone needs to have a Bible promise in mind to claim as assurance of supernatural power to accomplish this.

Search for the precious promises of God. If Satan thrusts threatenings before your mind, turn from them, and cling to the promises, and let your soul be comforted by their brightness. The cloud is dark in itself, but when filled with the light, it is turned to the brightness of gold, for the glory of God is upon it. {9MR 306.1}

Here is an example Bible promise:

Isaiah 27:5 “Or let him take hold of my strength, that he may make peace with me; and he shall make peace with me.”

Some may be thinking, how can one have peace when they've experienced so many bad things in their life? Realize that you are not trying to have peace; Jesus is your peace. Just accept Him and His peace.

“For he is our peace,...” Ephesians 2:14

All this prepares the way for that ultimate peace one yearns for, which will be the key to experiencing optimal health and freedom from physical pain.

Those who take Christ at His word, and surrender their souls to His keeping, their lives to His ordering, will find peace and quietude. Nothing of the world can make them sad when Jesus makes them glad by His presence. In perfect acquiescence there is perfect rest. The Lord says, "Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusteth in Thee." Isa. 26:3. Our lives may seem a tangle; but as we commit ourselves to the wise Master Worker, He will bring out the pattern of life and character that will be to His own glory. And that character which expresses the glory--character--of Christ will be received into the Paradise of God. {DA 331.2}

“In perfect acquiescence there is perfect rest”, now that is a peaceful thought. Perfect acquiescence is really about surrendering all to Him. Surrendering all our plans, as mentioned earlier.

Let your prayer be, "Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee." ... Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ. {SC 70.1}

There are many whose hearts are aching under a load of care because they seek to reach the world's standard. They have chosen its service, accepted its perplexities, adopted its customs. Thus their character is marred, and their life made a weariness. In order to gratify ambition and worldly desires, they wound the conscience, and bring upon themselves an additional burden of remorse. The continual worry is wearing out the life forces. Our Lord desires them to lay aside this

yoke of bondage. He invites them to accept His yoke; He says, "My yoke is easy, and My burden is light." He bids them seek first the kingdom of God and His righteousness, and His promise is that all things needful to them for this life shall be added. Worry is blind, and cannot discern the future; but Jesus sees the end from the beginning. In every difficulty He has His way prepared to bring relief. Our heavenly Father has a thousand ways to provide for us, of which we know nothing. Those who accept the one principle of making the service and honor of God supreme will find perplexities vanish, and a plain path before their feet. {DA 330.1}

A person really can just leave everything to Him as He left everything to the Father when He was on earth.

The Father's presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He who is imbued with the Spirit of Christ abides in Christ. The blow that is aimed at him falls upon the Saviour, who surrounds him with His presence. Whatever comes to him comes from Christ. He has no need to resist evil, for Christ is his defense. Nothing can touch him except by our Lord's permission, and "all things" that are permitted "work together for good to them that love God." Romans 8:28. {MB 71.2}

No matter what happens in a person's life, Jesus has already checked it out, weighed its impact on the person, and made sure that it has the potential for good, before the person ever experiences it!

Now that said, it is not just all magic; a person has to educate their mind to the process and provision of this peace. They must educate their heart to become steadfast in God.

There is a science of Christianity to be mastered--a science as much deeper, broader, higher, than any human science as the heavens are higher than the earth. The mind is to be disciplined, educated, trained; for men are to do service for God in ways that are not in harmony with inborn inclination. Often the training and education of a lifetime must be discarded, that one may become a learner in the school of Christ. The heart must be educated to become steadfast in God. Old and young are to form habits of thought that will enable them to resist temptation. They must learn to look upward. The principles of the word of God--principles that are as high as heaven and that compass eternity--are to be understood in their bearing on the daily life. Every act, every word, every thought, is to be in accord with these principles. {CT 20.1}



This is the process of redemption!

"Learn of Me," says Jesus; "for I am meek and lowly in heart: and ye shall find rest." We are to enter the school of Christ, to learn from Him meekness and lowliness. Redemption is that process by which the soul is trained for heaven. This training means a knowledge of Christ. It means emancipation from ideas, habits, and practices that have been gained in the school of the prince of darkness. The soul must be delivered from all that is opposed to loyalty to God. {DA 330.2}

But the question is often asked, How can someone resist Satan?

There is only one way by which you can do this, and that is by faith, taking Christ as your helper, and pleading with him for strength. When Satan suggests doubt to your soul, when he tells you that you are too unworthy, too sinful, to realize the blessing of God, present Christ before him as your Advocate and Saviour. Tell him you know that you are a sinner, but that Jesus came to seek and save that which was lost. He came "not to call the righteous, but sinners to repentance." Repeat his promises: "Him that cometh to me I will in no wise cast out." "Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." "Let him take hold of my strength, that he may make peace with me; and he shall make peace with me." "Whatsoever ye shall ask in prayer, believing, ye shall receive," Be simple-hearted enough to believe these promises of God. When Satan comes to you, and tells you that because you are unhappy, perplexed, and troubled, you are not a child of God, do not become discouraged for one moment, but gird up the loins of your mind. Let your heart repose in God. He has promised that if you come to him, you shall find rest to your soul; and if you have done this, rest assured that he will fulfill his word in you. {Y1, July 8, 1897 par. 2}

For this a person needs an arsenal of promises so that, "When the enemy shall come in like a flood, the Spirit of the LORD shall lift up a standard against him." Isaiah 59:19. Many realize that there are identifiable situations that place them at disadvantage with Satan and frequently degenerate into moments of fear, anger, and stress--any thing but peace. These situations may be referred to "buttons" that get pushed. For each of these buttons in ones life a person needs a promise to defend their peace. For example if one has the "button" that when the phone rings they go off to stress because they fear the boss is going to ask them to do the impossible, they need a promise to establish their peace as they go for the phone. Perhaps this one would be of help:

“Great peace have they which love thy law: and nothing shall offend them.”  
Psalms 119:165.

Or this thought:

The thought that the righteousness of Christ is imputed to us, not because of any merit on our part, but as a free gift from God, is a precious thought. The enemy of God and man is not willing that this truth should be clearly presented; for he knows that if the people receive it fully, his power will be broken. {GW 161.1}

Now this said, the focus needs to be on Christ and on others and not on self. Christianity is not a self-centered pursuit. Focusing on Christ should be a daily activity and a deliberate pursuit.

It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ. We should take it point by point, and let the imagination grasp each scene, especially the closing ones. As we thus dwell upon His great sacrifice for us, our confidence in Him will be more constant, our love will be quickened, and we shall be more deeply imbued with His spirit. If we would be saved at last, we must learn the lesson of penitence and humiliation at the foot of the cross. {DA 83.4}

A life in Christ is a life of restfulness. There may be no ecstasy of feeling, but there should be an abiding, peaceful trust. Your hope is not in yourself; it is in Christ. Your weakness is united to His strength, your ignorance to His wisdom, your frailty to His enduring might. So you are not to look to yourself, not to let the mind dwell upon self, but look to Christ. Let the mind dwell upon His love, upon the beauty, the perfection, of His character. Christ in His self-denial, Christ in His humiliation, Christ in His purity and holiness, Christ in His matchless love --this is the subject for the soul's contemplation. It is by loving Him, copying Him, depending wholly upon Him, that you are to be transformed into His likeness. {SC 70.2}

The focus on people is in the interest of making their lives better.

When human sympathy is blended with love and benevolence, and sanctified by the Spirit of Jesus, it is an element which can be productive of great good. Those who cultivate benevolence are not only doing a good work for others, and blessing those who receive the good action, but they are benefiting themselves by opening their hearts to the benign influence of true benevolence. Every ray of light shed upon others will be reflected upon our own hearts. Every kind and sympathizing word spoken to the sorrowful, every act to relieve the oppressed, and every gift to supply the necessities of our fellow beings, given or done with an eye to God's glory, will

result in blessings to the giver. Those who are thus working are obeying a law of heaven and will receive the approval of God. The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health. {4T 56.2}

The Bible is the character molding influence in a Christians' life and its prayerful study brings peace.

The Bible presents a perfect standard of character. This sacred book, inspired by God, and written by holy men, is a perfect guide under all circumstances of life. It sets forth distinctly the duties of both young and old. If made the guide of life, its teachings will lead the soul upward. It will elevate the mind, improve the character, and give peace and joy to the heart. {FE 100.3}

In summary:

The source of much suffering of the body has its origin in the suffering of the mind. The ultimate suffering of the mind comes from sin, guilt and fear. We realize the only solution is in Jesus. We humble ourselves and come to Him: at first by confession, repentance, and surrender of ourselves and our future unreservedly into His care. And then we daily give ourselves to Him by surrendering our souls to His keeping, our lives to His ordering. We can then have peace in the realization of His care every instant of our day. Even under the worst of trials, we know we can trust His heart even if we cannot see His hand. Thus we move forward to life and to health.

Further reading:

Borrowed Trouble

Many look back to the Israelites, and marvel at their unbelief and murmuring, feeling that they themselves would not have been so ungrateful; but when their faith is tested, even by little trials, they manifest no more faith or patience than did ancient Israel. When brought into strait places, they murmur at the process by which God has chosen to purify them. Though their present needs are supplied, many are unwilling to trust God for the future, and they are in constant anxiety lest poverty shall come upon them, and their children shall be left to suffer. Some are always anticipating evil or magnifying the difficulties that really exist, so that their eyes are blinded to the many blessings which demand their gratitude. The obstacles they encounter, instead of leading them to seek help from God, the only Source of strength, separate them from Him, because they awaken unrest and repining. {PP 293.2}

Do we well to be thus unbelieving? Why should we be ungrateful and distrustful? Jesus is our friend; all heaven is interested in our welfare; and our anxiety and fear grieve the Holy Spirit of God. We should not indulge in a solicitude that only frets and wears us, but does not help us to bear trials. No place should be given to that distrust of God which leads us to make a preparation against future want the chief pursuit of life, as though our happiness consisted in these earthly things. It is not the will of God that His people should be weighed down with care. But our Lord does not tell us that there are no dangers in our path. He does not propose to take His people out of the world of sin and evil, but He points us to a never-failing refuge. He invites the weary and care-laden, "Come unto Me, all ye that labor and are heavy-laden, and I will give you rest." Lay off the yoke of anxiety and worldly care that you have placed on your own neck, and "take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls." Matthew 11:28, 29. We may find rest and peace in God, casting all our care upon Him; for He careth for us. See 1 Peter 5:7. {PP 294.1}

I hope this will be of help to most of you. God is for real and He is the rewarded of those who diligently seek Him.

Dr. John Clark

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Forward

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**Future Newsletter to cover climate change summit.**

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"If all will wear Christ's yoke, if all will learn in His school the lessons that He teaches, there will be sufficient means to establish gospel medical missionary work in many places." {CH 319.2}



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