



LIVING LOGOS
MINISTRIES

The Living Logos

Teaching Newsletter

First Quarter – March 2020

Stress Out! ~ Pastor Trey Dickerson

Stress ... Stress is a very real problem in the world we live in today. With the increase in information and technology that we have in this 21st Century, the human race is living in more stress than it ever has before. Yes, even with these conveniences we have in the world today, people have still found a way to live stressed-out lives.

So, what is the solution? Should we just throw our hands in the air and say, "I wish I was born in another time-period because it seems like we are just doomed to live our lives full of stress today." Absolutely not—for God's Word, which clearly gives us the answers regarding living free from the stress caused by worry and anxiety, is not just relevant to those who lived back in the Bible times; the same principles will work for us today too! Amen?

Recently, I taught a series at our church entitled— "Stress Out!" No, I was not giving permission for us to live a stressed-out life as the title might seem to indicate. The reason I titled it

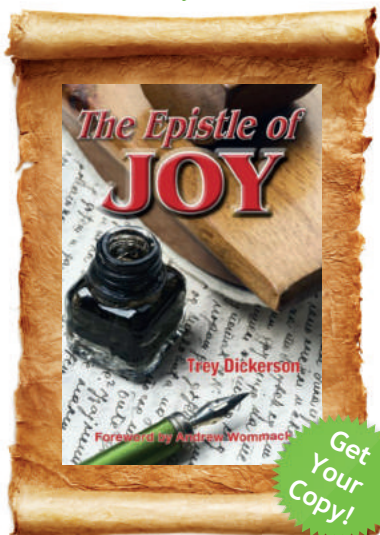
this way is because I was teaching how to get the stress out of our lives and how to keep it out.

But in this short teaching today, I want to camp on one very important point I made from the apostle Paul's second letter to Timothy:

You see, the apostle Paul was writing to his son in the faith, Timothy, who was under tremendous stress at the time of this letter. The reason being was because Nero—one of the most demonized leaders Rome ever had—had come into power, and the threat of persecution and even martyrdom was at an all-time high. Yes, even the persecution stirred up by Saul of Tarsus



Check out Trey's Newest Book!



Get Your Copy!

A WORD FROM SHANNON

In Philippians 3:3, Paul writes some powerful words about putting no confidence in the flesh.

Our flesh will always fail us, but the Lord will forever be with us and see us through any and every circumstance to victory. In Him we can do all things, but apart from Him we can do nothing. (See Philippians 4:13 and John 15:5)

We will begin to feel stronger and more secure when we no longer place our confidence in the flesh. Our confidence in

other people and things needs to be removed before it can be in Him.

Is God speaking to you about where you've placed your confidence? Is it in the President, your occupation, your children, your spouse, your own achievements?

We will enjoy our lives so much more when we place our confidence in Christ. People and things may discourage and fail us, but our Jesus will never fail us. He is always faithful and dependable.

As Psalm 37:5 says, "Commit your way to the Lord; trust in Him also and He will do it." Amen.

(“Stress Out!” continued)

could not hold a candle to the threat that now faced the church. And what made this pressure that Timothy had on him so great was that he was not just under the stress of caring for himself and his family; he was the pastor of the church of Ephesus during the time this was written! So, he had an entire church to “worry” about. So, one might call this the epitome of stressful times for Pastor Timothy. Amen? Yes, I doubt that any of us have anything in our lives that would be considered more stressful than what Pastor Timothy was facing back then. And Paul knew this. He knew his son in the faith needed some encouragement because a spirit of fear which was causing great stress had entered Timothy’s heart.

So, Paul began by acknowledging the hurts, pains, heartache, and stress that Timothy was experiencing by saying, “being mindful of your tears.” (Verse 4) And, yes, there is certainly a place for being mindful of other’s tears—for sympathizing with, and even weeping with those who weep. But here is an extremely important point you and I need to understand and embrace: Your tears, hurts, pain, pressures, cares, etc. absolutely should mean something to me. But your tears, hurts, pain, pressures, cares, etc. should mean absolutely nothing to you. In other words, when it comes to me loving you, I should be touched with the feelings of your infirmities and show compassion on you. However, when it comes to us governing our own life—you and I should not be moved by our own feelings nor should we ever tolerate ourselves having a pity party. This will only lead us into darkness, and never the light.

That is why Paul then began to remind Timothy of the faith he had on the inside of him (Verse 5). So, when Paul said that this genuine faith that he knew was in Timothy’s grandma and his mama was in him as well, he said, “and I am persuaded is in you also.” In other words, what he was saying was—“You got it in you, boy! That same spirit of faith that your grandma & mama had in them, it’s in you too!”

Isn’t that awesome, how evidently virtues can be passed down from generations!?! But unfortunately, just like good things like faith can be passed down from our parents & grandparents, bad things like worry, anxiety and fear can be passed down too. You see, there are some out there who are worry-warts, and the reason why they are worry-warts is because they were raised by worry-warts, who in turn were raised by worry-warts. In other words, these behaviors and attitudes that cause stress in our lives can be passed down from those who didn’t know the very things I am teaching you today. But that doesn’t mean we

are doomed to a life of stress! No, we can reverse the curse—draw a line in the sand, and say, “No more! The buck stops here!” So, just like Timothy had faith instilled in him at a young age and wasn’t currently walking in it, we could have fear instilled in us at a young age and not currently walk in it! It’s a choice either way. Amen. And that is why Paul then began to exhort Timothy to stir up the gift that was in him—the gift that consisted of power, love, and a sound mind (Verse 7).

Friends, we need to understand that this faith is in us too through the Lord Jesus Christ, but that doesn’t mean we have yet learned to tap into it. It must be stirred up! The spirit of fear must be resisted and the spirit of faith must be submitted to in order for us to get this stress out of us and keep it out. Amen?

Now I taught a lot on this subject at High Point Church, and if you are interested in this message in its entirety, you can go to www.highpointmacon.com and listen there or I can send it to you in an article format—all, of course, at no charge.

But the point I wanted to make in this teaching is that stress is not for the believer. No, peace is our inheritance! So, let’s resist this spirit of stress and tap into the genuine faith we have in our reborn spirits. This is the fruit Jesus intends for us to walk in.

Victoriously,



Living Logos Ministries is designed to equip and edify the Body of Christ through God’s Living Word and is supported by the faithfulness and generosity of its partners.

Living Logos Ministries
P.O. BOX 28283, Macon, GA 31221
706-207-4337
treydickerson@yahoo.com
www.treydickerson.com

