



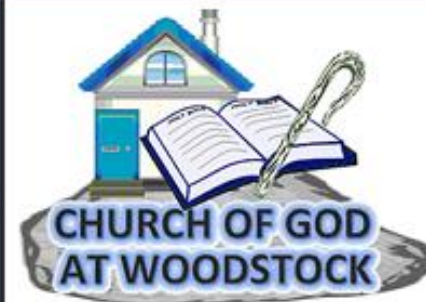
Welcome



**TRUTH ON THE
WEB MINISTRIES**

WWW.TOTW.ORG

EPH 6:17 AND TAKE...THE SWORD OF THE
SPIRIT WHICH IS THE WORD OF GOD
A CHURCH OF GOD IN WOODSTOCK, ILLINOIS



TRUTH ON THE WEB MINISTRIES & A CHURCH OF GOD AT WOODSTOCK, IL
WWW.TOTW.ORG

UNDER PRESSURE

ANXIETY

SLEEPLESSNESS

WORRY

MOODY

HELPLESSNESS

WITHDRAWN

PANIC

UNCERTAINTY

ISOLATED

OVERWHELMED

SORROW

FEAR

APATHY

HOPELESSNESS

ANGER

UNEASE

DEALING WITH STRESS



UNDER PRESSURE

Agitation: uncharacteristically angry, anxious, agitated or moody

Hopelessness: seems overcome with hopelessness or overwhelmed by their circumstances

Withdrawal: isolate themselves from other people

Personality change: sudden or gradual change of the way someone behaves

Self-neglect: stop taking care of themselves or engage in risky behavior

UNDER PRESSURE

- **MYTH #1** - We can live a stress free life.

UNDER PRESSURE

- **MYTH #1** - We can live a stress free life.
- **MYTH #2** - All stress is bad.

UNDER PRESSURE

- **MYTH #1** - We can live a stress free life.
- **MYTH #2** - All stress is bad.
- **MYTH#3** - If any of the saints are overwhelmed with stress it means that they are sinning and not trusting God.

UNDER PRESSURE



OR

SIDE EFFECTS FROM ANXIETY MEDICATIONS

NAUSEA
SEIZURES
DIZZINESS
TIREDNESS
HEADACHE
CONFUSION
DEPRESSION
NIGHTMARES
HOARSENESS
DROWSINESS
RASH OR HIVES
BLURRED VISION
INCREASED SALIVA
SUICIDAL THOUGHTS
FREQUENT URINATION
DIFFICULTY SPEAKING
DIFFICULTY BREATHING
MUSCLE OR JOINT PAIN
PROBLEMS WITH COORDINATION
YELLOWING OF THE SKIN OR EYES
CHANGES IN SEX DRIVE OR ABILITY
DIFFICULTY BREATHING OR SWALLOWING
DIFFICULTY THINKING OR REMEMBERING
SWELLING OF THE EYES, FACE, LIPS, THROAT



God & Son Ministries

7 Holy Way, Kingdom of Heaven

Proverbs 3:7-8 Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.

Name N.E. Christian

Address Anytown, USA

Date Today

Renew Faith in Jesus every morning

Read the Beatitudes & live them out

Prayer 3 times a day in faith

REFILLS: Endless supply

THE GREAT PHYSICIAN

3 John 2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

UNDER PRESSURE

2 Corinthians 8:9-11 For ye know the grace of our Lord Jesus Christ, that, though he was rich, yet for your sakes he became poor, that ye through his poverty might be rich. And herein I give *my* advice: for this is expedient for you, who have begun before, not only to do, but also to be forward a year ago. Now therefore perform the doing *of it*; that as *there was* a readiness to will, so *there may be* a performance also out of that which ye have.

UNDER PRESSURE

2 Corinthians 8:12-15 For if there be first a **willing mind**, *it is* accepted according to that a man hath, *and* not according to that he hath not. For *I mean* not that other men be eased, and ye burdened: **But by an equality, that now at this time your abundance may be a supply for their want, that their abundance also may be a supply for your want:** that there may be equality: As it is written, He that had gathered much had nothing over; and he that had gathered little had no lack.

UNDER PRESSURE

2 Corinthians 9:11-13 Being enriched in every thing to all bountifulness, which causeth through us thanksgiving to God. For the administration of this service not only supplieth the want of the saints, but is abundant also by many thanksgivings unto God; Whiles by the experiment of this ministration they glorify God for your professed subjection unto the gospel of Christ, and for *your* liberal distribution unto them, and unto all *men*;

UNDER PRESSURE

- Mark 8:35 - For whosoever will save his life shall lose it; **but whosoever shall lose his life for my sake and the gospel's**, the same shall save it.
- Galatians 2:20 - I am crucified with Christ: nevertheless 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.

UNDER PRESSURE

- Luke 9:23 - And he said to *them* all, If any *man* will come after me, **let him deny himself, and take up his cross daily, and follow me.**
- Matthew 10:38 - And he that taketh not his cross, and followeth after me, **is not worthy of me.**
- Philippians 1:21 - For to me to live *is* Christ, and to die *is* gain.

UNDER PRESSURE

- Galatians 5:24 - **And they that are Christ's have crucified the flesh with the affections and lusts.**
- **Colossians 3:1-3** If ye then be risen with Christ, **seek those things which are above**, where Christ sitteth on the **right hand** of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God.

PURSUITING GOD



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PURSUIING GOD

Luke 5:16 And he withdrew himself into the wilderness, and prayed.

Mark 1:35 And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

Matthew 14:23 And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.

Hebrews 4:15-16 For we have not an high priest which cannot be **touched with the feeling of our infirmities**; but was in all points tempted like as *we are, yet* without sin. **Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.**

UNDER PRESSURE

DON'T WORRY – BE HOLY

Luke 8:14 And that which fell among thorns are they, which, when they have heard, go forth, and are **choked with cares and riches and pleasures of this life**, and bring no fruit to perfection.

UNDER PRESSURE

**YOU'RE SKIING AND THERE'S
TROUBLE... WHAT DO YOU DO???**



**LET GO OF THE ROPE! AND GO
LOOSE WHEN YOU FALL. GO LOOSE!**



UNDER PRESSURE

Matthew 11:28-30 Come unto me, all ye that labour 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.



TRUST JESUS

UNDER PRESSURE

DON'T WORRY – BE HOLY

Philippians 4:6-7 Be careful (anxious) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

DON'T
WORRY
BE HOLY

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UNDER PRESSURE



1 Peter 5:6-11 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: **Casting all your care upon him; for he careth for you.** Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist stedfast in the faith, **knowing that the same afflictions are accomplished in your brethren** that are in the world. But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, **after that ye have suffered a while,** make you perfect, stablish, strengthen, settle *you*. **To him be glory and dominion for ever and ever. Amen.**

UNDER PRESSURE

**Proverbs 3:5-6 Trust in the LORD
with all thine heart; and lean not
unto thine own understanding. In
all thy ways acknowledge him, and
he shall direct thy paths.**

UNDER PRESSURE

Psalm 91:1-3 He that dwelleth in the secret place of the most High **shall abide under the shadow of the Almighty.** I will say of the LORD, *He is my refuge and my fortress: my God; in him will I trust.* Surely he shall deliver thee from the snare of the fowler, *and* from the noisome pestilence.

UNDER PRESSURE

Psalm 91:4-6 He shall cover thee with his feathers,
and under his wings shalt thou trust: his truth
shall be thy shield and buckler. Thou shalt not be
afraid for the terror by night; *nor* for the arrow
that flieth by day; *Nor* for the pestilence *that*
walketh in darkness; *nor* for the destruction *that*
wasteth at noonday.

UNDER PRESSURE

Psalm 91:7-11 A thousand shall fall at thy side, and ten thousand at thy **right hand**; *but* it shall not come nigh thee. Only with thine eyes shalt thou behold and see the reward of the wicked. Because thou hast **made the LORD, which is my refuge, even the most High, thy habitation**; There shall no evil befall thee, neither shall **any plague come nigh thy dwelling**. For he shall give his angels charge over thee, to keep thee in all thy ways.

UNDER PRESSURE



Psalm 139:9-10 *If I take the wings of the morning, and dwell in the uttermost parts of the sea; **Even there shall thy hand lead me, and thy right hand shall hold me.***

UNDER PRESSURE

Isaiah 41:10 Fear thou not; for I *am* with thee: be not dismayed; for I *am* thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the **right hand** of my righteousness. **11** Behold, all they that were incensed against thee shall be ashamed and confounded: they shall be as nothing; and they that strive with thee shall perish. **12** Thou shalt seek them, and shalt not find them, *even* them that contended with thee: they that war against thee shall be as nothing, and as a thing of nought. **13** For I the **LORD** thy God will hold thy right hand, saying unto thee, **Fear not; I will help thee.**



UNDER PRESSURE

Hebrews 13:5-7 *Let your conversation be without covetousness; and **be content** with such things as ye have: for he hath said, I **will never leave thee, nor forsake thee.*** So that we may boldly say, The Lord *is* my helper, and I will not fear what man shall do unto me. Remember them which have the rule over you, who have spoken unto you the word of God: whose faith follow, considering the end of *their* conversation.

Psalms 34:4-5 I sought the LORD, and he heard me, and delivered me from all my fears. They looked unto him, and were lightened: and their faces were not ashamed.

UNDER PRESSURE

Matthew 6:24-26 No man can **serve** two masters: for either he will **hate** the one, and **love** the other; or else he will hold to the one, and despise the other. Ye cannot **serve** God and mammon. Therefore I say unto you, **Take no thought for your life**, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. **Is not the life more than meat, and the body than raiment?** Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; **yet your heavenly Father feedeth them. Are ye not much better than they?**

UNDER PRESSURE

Matthew 6:27-31 Which of you by taking thought can add one cubit unto his stature? And why **take ye thought** for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, ***shall he not much more clothe you, O ye of little faith?***

Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

UNDER PRESSURE

Matthew 6:32-34 (For after all these things do the Gentiles seek:) for your **heavenly Father** knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. **Sufficient unto the day *is* the evil thereof.**

UNDER PRESSURE

1 Samuel 17:37 David said moreover, The LORD that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine. And Saul said unto David, Go, and **the LORD be with thee.**

John 14:27 Peace I leave with you, **my peace I give unto you:** not as the world giveth, give I unto you. **Let not your heart be troubled, neither let it be afraid.**

Zephaniah 3:17 The LORD thy God in the midst of thee *is* mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.



UNDER PRESSURE



Isaiah 40:28-31 Hast thou not known? hast thou not heard, *that* the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? *there is* no searching of his understanding. **He giveth power to the faint; and to *them that have no might* he increaseth strength.** Even the youths shall faint and be weary, and the young men shall utterly fall: **But they that wait upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.**

UNDER PRESSURE

(KJV) Proverbs 27:18 Whoso keepeth the fig tree shall eat the fruit thereof: so **he that waiteth on his master** shall be honoured.

(NLT) Proverbs 27:18 As workers who tend a fig tree are allowed to eat the fruit, so **workers who protect their employer's interests** will be rewarded.

Deuteronomy 10:12 And now, Israel, what doth the LORD thy God require of thee, but to fear the LORD thy God, to walk in all his ways, and to love him, and **to serve the LORD thy God with all thy heart and with all thy soul,**

UNDER PRESSURE

1 Samuel 12:24 Only fear the LORD, and **serve him in truth with all your heart:** for consider how great *things* he hath done for you.

Psalms 2:10-12 Be wise now therefore, O ye kings: be instructed, ye judges of the earth. **Serve the LORD with fear, and rejoice with trembling.** Kiss the Son, lest he be angry, and ye perish *from* the way, when his wrath is kindled but a little. **Blessed are all they that put their trust in him.**

UNDER PRESSURE

Matthew 4:10-11 Then saith Jesus unto him, Get thee hence, Satan: for it is written, **Thou shalt worship the Lord thy God, and him only shalt thou serve.** Then the devil leaveth him, and, behold, angels came and ministered unto him.

Hebrews 9:14 How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works **to serve the living God?**

John 12:26 If any man serve me, let him follow me; and where I am, there shall also **my servant** be: **if any man serve me**, him will *my* Father honour.

UNDER PRESSURE

Psalm 100:2-5 **Serve the LORD** with gladness: come before his presence with singing. **Know ye that the LORD he *is* God: *it is* he *that* hath made us, and not we ourselves; *we are*** his people, and the sheep of his pasture. Enter into his gates with thanksgiving, *and* into his courts with praise: be thankful unto him, *and* bless his name. For the LORD *is* good; his mercy *is* everlasting; and **his truth *endureth* to all generations.**

UNDER PRESSURE

Colossians 3:22-24 Servants, obey in all things *your* masters according to the flesh; not with eyeservice, as menpleasers; **but in singleness of heart, fearing God: And whatsoever ye do, do *it* heartily, as to the Lord,** and not unto men; Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.

Romans 12:1-2 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is your reasonable service*. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

UNDER PRESSURE

2 Corinthians 4:7-9 But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.

***We are* troubled on every side, yet not distressed; *we are* perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;**

2 Corinthians 4:10-12 Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body. For we which live are alway delivered unto death for Jesus' sake, **that the life also of Jesus might be made manifest in our mortal flesh.** So then death worketh in us, but life in you.

UNDER PRESSURE

2 Corinthians 4:16-18 For which cause we faint not; but though our outward man perish, yet the inward *man* is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding *and* eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen *are* temporal; but the things which are not seen *are* eternal.

UNDER PRESSURE

Isaiah 53:3-5 He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were *our* faces from him; he was despised, and we esteemed him not. **Surely he hath borne our griefs, and carried our sorrows:** yet we did esteem him stricken, smitten of God, and afflicted. But he *was* wounded for **our** transgressions, *he was* bruised for **our** iniquities: the chastisement of **our** peace *was* upon him; and with his stripes **we** are healed.

Luke 23:46 And when Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost.

Revelation 22:20-21 He which testifieth these things saith, **Surely I come quickly.** Amen. Even so, come, Lord Jesus. The grace of our Lord Jesus Christ *be* with you all. Amen.

UNDER PRESSURE

Thank You!

PURSUE, PRAY, PERFORM
HAVE A GREAT REST OF THE SABBATH!

By Kenneth M. Hoeck



Truth On The Web Ministries & A Church of God at Woodstock, Il