

SPIRITUAL TASK—CAUSES OF STRESS

by the Rev. David Roth at the New Church of Boulder Valley

Story Everyone deals with stress. Some stress is healthy, too much can tear us apart on many levels and remove any sense of well being. There are many causes of stress, the internal ones, which external ones can lead to are said to be eight: 1. Lack of truth in your mind, 2. Idea of eternity being removed from your thought about marriage, 3. Presence of evil, 4. Despair and lack of hope, 5. False ideas in your mind, 6. When self is not served, 7. When we are in a state of temptation, 8. Pangs of conscience.

Task This week meditate on the phrase: “*in the Lord we live, and move, and have our being.*” See if you can get the words and the meaning to penetrate into your life and be a daily mantra.