

TO LOVE THE LORD THY GOD - Physically, part 32 quotes (final)

1 Laws Governing the Human Body

The Area and Law of TRUST

In this hectic world, it can be very difficult to keep from getting tired, run-down, and stressed out. Stress is any situation or action that puts extra pressure or intensity upon us — whether physical or mental in nature. Symptoms of stress are an increase in blood pressure, breathing, perspiration, and heart beat. But by far worry is the most widely indulged of all the unnecessary stressful situations. And worry is absolutely unnecessary, because it cannot change the future, but it does negatively affect us in the present and leads us to fear!

The direct opposite of worry is trust. Trust means having full confidence in something or in someone.

“Charge them that are rich in this world, that they be not highminded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy”. 1 Timothy 6:17.

“But Jesus answereth again, and saith unto them, Children, how hard is it for them that trust in riches to enter into the kingdom of God!” Mark 10:24.

2 “Put not your trust in princes, nor in the son of man, in whom there is no help.” Psalms 146:3.

“Thus saith the LORD; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD.” Jeremiah 17:5.

“For the [church] leaders of this people cause them to err; and they that are led of them are destroyed.” Isaiah 9:16.

“Let them [church leaders] alone: they be blind leaders of the blind. And if the blind lead the blind, both shall fall into the ditch.” Matthew 15:14.

3 “He that trusteth in his own heart is a fool”. Proverbs 28:26.

“...cease from thine own wisdom.” Proverbs 23:4.

“Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise. For the wisdom of this world is foolishness with God. For it is written, He taketh the wise in their own craftiness. And again, The Lord knoweth the thoughts of the wise, that they are vain.” 1 Corinthians 3:18-20.

4 Where should our trust be placed in?

“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.” Proverbs 3:5-6.

Multitudes place their trust in any other person or area except in the loving and trustworthy God their Father and their Lord God and Saviour Jesus Christ.

“Let not your heart be troubled: ye believe in God, believe also in me.” John 14:1.

“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? 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? (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.” Matthew 6:25-34.

“Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.” Luke 12:32.

“Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us.” Psalms 62:8.

“...whoso putteth his trust in the LORD shall be safe.” Proverbs 29:25.

“...in God I have put my trust; I will not fear”. Psalms 56:4.

5 Fully trusting in God and Jesus Christ removes all cause for sadness, and instead makes us happy!

“But let all those that put their trust in thee rejoice: let them ever shout for joy, because thou defendest them: let them also that love thy name be joyful in thee. For thou, LORD, wilt bless the righteous; with favour wilt thou compass him as with a shield.” Psalms 5:11-12.

6 Trust brings contentment; contentment brings peace; and peace brings happiness.

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the Lord for ever; for in the Lord Jehovah is everlasting strength.” Isaiah 26:3-4.

“Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.” Romans 15:13.

“But my God shall supply all your need according to his riches in glory by Christ Jesus.” Philippians 4:19.

This happiness derived from the internal peace brought to us by trusting in the Lord, will remain with us — even during the most severest trials and testing of our faith!

“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” John 16:33.

“For the eyes of the Lord are over the righteous, and his ears are open unto their prayers...And who is he that will harm you, if ye be followers of that which is good? But and if ye suffer for righteousness' sake, happy are ye: and be not afraid of their terror, neither be troubled; But sanctify the Lord God in your hearts”. 1 Peter 3:12-15.

“I am filled with comfort, I am exceeding joyful in all our tribulation.” Corinthians 7:4.

“But none of these things move me, neither count I my life dear unto myself, so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God.” Acts 20:24.

“My brethren, count it all joy when ye fall into divers temptations”. James 1:2.

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” 1 Thessalonians 5:18.

7 Trusting in God, and the resulting contentment, peace and happiness it brings, is the only way we can joy in tribulation, and in everything give thanks to God.

“...neither be ye sorry; for the joy of the LORD is your strength.” Nehemiah 8:10.

What will this happiness do for our physical health?

“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” Proverbs 17:22.

8 Jesus is indeed concerned with our health!

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

“...I am the LORD that healeth thee.” Exodus 15:26.

9 It is our loving heavenly Physician and compassionate Saviour who “forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with loving-kindness and tender mercies” (Psalm 103:3-4). Therefore do not let another day pass without accepting Jesus as your constant Friend and Saviour, “Casting all your care upon him; for he careth for you” (1 Peter 5:7). In this way you will have the internal peace necessary to keep you happy and joyful in any and all tribulations you experience, because you know that your Saviour and God will never leave your side!

“...whoso trusteth in the LORD, happy is he.” Proverbs 16:20.

“...lo, I am with you alway, even unto the end of the world.” Matthew 28:20.

“...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.” Hebrews 13:5-6.