

Hour of Power Deutschland  
Steinerne Furt 78  
86167 Augsburg

Telefon: 08 21 / 420 96 96  
Telefax: 08 21 / 420 96 97

E-Mail: [info@hourofpower.de](mailto:info@hourofpower.de)  
[www.hourofpower.de](http://www.hourofpower.de)

Baden-Württembergische Bank  
BLZ: 600 501 01  
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Büro Schweiz:

Hour of Power Schweiz  
Seestr. 8  
8594 Güttingen  
Tel.: 071 690 07 81  
[info@hourofpower-schweiz.ch](mailto:info@hourofpower-schweiz.ch)  
[www.hourofpower-schweiz.ch](http://www.hourofpower-schweiz.ch)

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### GOOD MORNING – Bobby Schuller (BS) and Hannah Schuller (HS)

BS: This is the day the Lord has made. We will rejoice and be glad in it. Good morning.

HS: And welcome friends, we are so happy that you're here today. God's plan for you is always life, and life to the full. You can trust Him with all your choices. You are loved.

BS: Amen. Let's begin with a word of prayer. Father, we thank you for our church, our community, but mostly we thank you for your Holy Spirit that it was made available to use through Jesus Christ. We pray right now that that Holy Spirit would give us confidence and peace. Lord, help us to grow when we're pressed and under pressure, facing stress. Help us to grow into likeness of you, we pray, and it's in the strong name of Jesus we pray, all God's people said, amen.

HAVEN: Turn to the person next to you and say God loves you and so do I.

### SCRIPTURE – 2 Corinthians 4,7-12 – Hannah Schuller

In preparation for the message, 2nd Corinthians 4:7 through 12: But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body. So then, death is at work in us, but life is at work in you. Amen.

### INTERVIEW – Addison Bevere (AB) with Bobby Schuller (BS)

Addison Bevere is an author, co-founder of Sons and Daughters TV, and the COO of Messengers International. His newest book, Words with God: Trading Boring, Empty Prayer for Real Connection, looks at how we can enter into conversations with God on a deeper and more intimate level, and shows us how Jesus intended prayer to be.

BS: Addison, hi, welcome. Thank you for joining us.

AB: Thank you, Pastor Bobby. It's good to be here.

BS: Well of course we know your parents; Lisa has spoken here; John, I think your dad was here about a month ago. Wonderful friends of ours. We haven't had the chance to meet, but we're grateful for your family's ministry. And maybe we can start there. Tell us a little bit about your ministry and the things you're doing around the world.

AB: Yes, absolutely. And thank you so much for having us. We at Messenger International, we're all about making messengers whose lives tell the story of the gospel. And we believe the gospel's supposed to go out in our everyday life. We're committed to making resources that help people do that, and see themselves differently. Making resource available to everyone, everywhere, and so we're doing work in over two hundred nations, and we've given away over sixty million translator resources to people around the world.

BS: That's awesome. And you've written this book, it's a terrific book. It's called Words with God: Trading boring, empty prayer for real connection. Why did you write this book? Tell me about it.

AB: Well, I went through a season where I had to trade boring empty prayer for real connection. My idea of prayer, my idea of connecting with God, it just wasn't working. I navigated five years of insomnia and during this season, I found myself at the end of myself. And I went deeper with God, I discovered a new form of prayer. Prayer wasn't just a lifeline for me, it became a way of life, a lifestyle, and it opened my life in so many ways that I couldn't have expected beforehand.

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BS: So what was the change? I mean I think a lot of Christians can resonate with the idea that 'I've been a committed Christian my whole life, but to be honest, prayer can be kind of boring sometimes. I don't really feel like it,' and that sounds like kind of maybe where you were. How did the insomnia have an impact and what changed in your prayer life?

AB: Well, the insomnia, I would say, led me away of my idea of success and connection. It was in that season where I discovered like God won't deliver us from a thing if He knows that that thing will ultimately deliver us to Him. And prayer isn't a mechanism to just make it through the day or to figure out what we're supposed to do with our lives. It's the gateway, it's an invitation into real connection with God. And so, for so many of us, our idea of prayer its transactional, its singular, but God wants prayer to be the way that we enter into a shared experience with Him that moves into every part of our lives, and not just something that happens at specific places and specific times, but something that energizes every part of what it is to be a human.

BS: I love that experience and I love that analogy of like a lot of a times when we're praying for material things, God's like well that material thing is a good thing, but it may not be good for you the way you are right now. I even think of like the way the Israelites were in the wilderness, they had to transform before they could inherit the Promised Land. Sometimes God wants to transform us, right? Is that what you're saying in that prayer is kind of part of that so we can receive the prayer by changing personally? Is that kind of what you're getting at?

AB: Yes, absolutely. And I think the tendency, Pastor Bobby, is to reduce prayer to a transaction, something that we can control. But the reality is we're being invited into the holiness, the otherness, the expansiveness of God in prayer, and how that unfolds in our everyday lives. And that's terrifying. And so, it's understandable that we want prayer to be something small and singular and something we can manage on our own, but the truth is, God intends for prayer to be so much more.

God's not afraid of our messy prayers. He's not afraid of us having words with Him. In fact, those moments of connection when life has hit us in the face and we don't know what to do, those moments are when God becomes real, and what we're actually facing, what we're navigating, what we're called to be, and what we're called to become becomes more real inside of us.

BS: A lot of people, and I get this question a lot. A lot of people say I go to have like a quiet time, but I run out of things to say. Or I just say the Lord's Prayer over and over and it feels kind of boring, or something like this. What do you say to somebody who is like 'I hear about a pastor, my friends having an hour-long quiet time, and I just don't even know what that would look like. I don't know how to do something like that.' What do you say to someone like that?

AB: I would say the first thing is prayer is not just about moving our lips and saying things to God. If it were, then Paul wouldn't say 'pray without stopping,' right? "Pray without ceasing," 1st Thessalonians 5:17. The idea is prayer opens us up to God's involvement in our lives. God wants to be involved in our lives, even something like the Lord's Prayer, we've reduced that to a formula. That's not a formula, it's actually a framework. It teaches us how to engage with God, and how from that place of engagement, we see with God understanding who He is and how He works, we move into our everyday lives the very real, difficult, meaningful moments that make up our days.

BS: That's good. So, I assume that, because you said you struggled with insomnia for five years, the insomnia went away, and was prayer kind of the answer to that? Was it like the solution?

AB: Understanding prayer for me, and prayer as a surrender, was the solution. I was crying out to God in that season, and using prayer as a form, essentially, to get what I thought I needed from God so I could be master of my life and control when, what and how everything was happening. But I learned in that season that prayer is an invitation for us, as I mentioned earlier, to move into a shared experience with God that leads to peace, that leads to understanding. And so, I learned in the season that peace isn't having all the answers, peace isn't the illusion of self-sufficiency, peace is living connected with the one who is the answer, and from that place, we know what to do in life.

BS: That's good. I want to encourage everybody to get this book, its super good. It's called Words with God by Addison Bevere. Addison, thank you so much for this work. I know it's going to help a lot of people. We really appreciate you encouraging us this morning.

AB: Thank you, Pastor Bobby. Have a great one.

BS: Thank you.

### DECLARATION – Bobby Schuller

Would you stand with us? Hold your hands like this as a way of receiving from the Lord. Let's say this together: I'm not what I do. I'm not what I have. I'm not what people say about me.

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I am the beloved of God. Its who I am. No one can take it from me. I don't have to worry, I don't have to hurry, I can trust my friend Jesus and share His love with my neighbor. Thank you, you can be seated.

### MESSAGE – The Two Types of Stress

Before I begin my sermon today, I'm going to talk about the value of stress and how stress is probably helping you, and how you probably need more stress in your life. I know you don't want to hear that. But before we talk about that, there's a thing that makes that possible, and it's the Holy Spirit. It's a person. The person of Jesus Christ and His spirit living within us. So many people aren't against Jesus or for Jesus, or maybe they would say they're for Jesus in the sense that He seems like a great man, He seems like an ideal, you might even confess that He's God and He's interesting to you. But at the end of the day, the most important thing you can do in your life is to choose. Choosing is something we don't like to do. It takes energy to choose, it bothers us to choose because when you choose one path, you reject another. But God is asking you today to choose life. Two paths are always laid before us when we haven't chosen, and that's the path of life and the path of death. And unless we choose life, death is what we will inherit. I want to encourage you today to make a choice to choose life by trusting your life to Jesus Christ. His crucifixion and resurrection are enough to make you at peace with God, and when you get that, you get this thing inside of you that's going to make everything else I talk about this morning possible. That is that when Christ is in us, and we're pressed and crushed and pushed and under stress, something more beautiful and powerful comes out and that is the life of Christ within. Will you make a decision today to follow Jesus Christ? If you do, I want you to text me the word HOPE to the number on the screen so I can pray for you. I really want you to make that choice now to invite Christ in your heart and you'll never be the same. He'll forgive you of your sins and your life will be changed forever. Okay. I want to try and convince you today you need a little more stress in your life. Now nobody probably agrees.. maybe there's a few people, probably Jan doesn't need any more stress. There are a couple others who are fine. But stress is doing a lot more for you than it is against you. In a world that's allergic to stress, I want to encourage you that there's a type of stress that can improve your life. I'll begin with sea sickness. When I was a kid, I was on boats constantly. I grew up in San Juan Capistrano about four miles from the ocean. Got a lot of work, working on my dad's boat and other boats. Had the opportunity to go fishing a lot, but most of these boats were not big beautiful yachts like you see on TV, they're more like Popeye the Sailor man boats. You know what I mean by that? There are lots of fish guts and I was cut constantly, and always rocking, and there's always fish and slime on the deck, and always had to do all the jobs nobody wanted to do. Back then you could go down to Dana Point or some of the other harbors and pay \$20/\$30 and you can go out on a boat with a bunch of stinky men and go fishing all day. And this was my dad's idea of fun when I was a kid. And I thought it was fun, too, but for my whole childhood, I was always seasick. If you've never been seasick before, you're lucky. In fact, I would say that if you have a fear of death, go get seasick and your fear of death will evaporate and you'll actually welcome it. Welcome the warm arms of death to escape the horribleness that is seasickness. Well years later when I was like 18, I did the longest trip I'd ever done with my dad. We were taking a boat down to the tip of Baja, which is an almost seven-day trip, and of course the first three days of the trip, I was just sick constantly, and having to do all the tricks – Dramamine and the wrist bands and getting fresh air to not be sick anymore. And on the third day, something snapped. All of a sudden I just stopped being sick. And since then, the rest of my life I've not really had seasickness anymore. It was like my brain figured out this is okay, you'll be fine, and something changed. And I don't know if this is like a scientific thing, but it worked for me. And it's amazing how in life there's so many things that if I had just on one other fishing trip gone three days and not come in, I probably would have beat seasickness and enjoyed being out on a boat with a bunch of stinky men a lot more. We all have these experiences in life where we're facing something and we don't want to keep going, we don't want to keep pressing through because the stress gets to us; it's too much, we can't handle it. And so we miss out on the reward of all that stuff we put into initially. Maybe if you're a musician and you're sitting down to play the piano and you're memorizing a piece, and you get to that one really hard part that looked easy on paper, but you try and do it and no matter how slow, over and over, you can't seem to get it to work with your hands. And you drill it over and over, and finally you just give up. But there is something about that. If you've ever done this before you know there's a kind of stress or pressure that each time you do it, it stinks. You just don't want to do it anymore. You want to check social media.

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You don't want to watch TV; you want to get up and go somewhere else. But if you just keep doing it, it gets easier, easier, faster, faster, cleaner, cleaner until its.. what's the word I'm looking for? Easy. Easy. It becomes a piece of cake. A piano piece of cake. Maybe if you've ever been in martial arts or gymnastics and you have to learn to do the splits. I was trying to do something called a pancake stretch the other day. It's supposed to be really good for you. I saw someone my age do it, and so he showed me how to do it and I tried to do it and I was not a pancake, let's just say that. I didn't even get close. But maybe you tried to do the splits. You keep doing it day after day, day after day, and you get more and more flexible and someday you'll be able to do it. I remember when I was learning to drive. At the time we were living in Oklahoma and they had the family's minivan, and I was learning to drive, and it always looked so easy, and I just.. every single thing was so hard, and just every time trying to learn to drive was just like pressure, and I thought to myself how did my sister, my older sister, drive with her knee while doing her makeup. It's insane. But almost everybody in this room who drives remembers the process of learning to drive over and over, really a lot of stress, a lot of pressure, but eventually it just becomes easy. And so, so many things in life require these long periods of stress, and sometimes they're hoisted upon you by fate or by God, or by your own bad decision or whatever, but even if it's because of your sin or bad decision, sometimes these long periods of stress can actually be a thing that saves you, changes you, molds you, shapes you into the person you always wanted to be. And it's our fear or rejection of these moments that keep us from arriving to those places and becoming who we're called to be. And that brings me to the title of this message today, which is called "The Two Types of Stress." There's actually clinical research to support what I'm saying, but I also believe it's just a scriptural idea. There are two types of stress in life. The first type is distress. That's the kind of stress that causes you to break down, crumble, give up, quit. And then there's a second type. It's the kind that doesn't break you. It's the kind that doesn't destroy you; that even though it hurts, it makes you better and we call that eustress. Not you-stress like an I-phone but eu, like e-u. It's the Greek word for good or positive. It's a positive kind of stress. And the weirdest thing about the difference between distress and eustress, according to the clinical research, is how you view stress. Ironically, this is one of those things that perception creates reality. If you typically have a positive view of stress, stress will be a positive thing towards you. But if you have a negative view of stress, it will be a negative thing to you. And of course, our society has become allergic to stress, so when I say you need more stress in your life, everybody laughs, right? Everybody laughs. But maybe there's a different kind of stress that we need in our life, the kind of stress that grows us, builds us and forms us into who God wanted us to be. I know you're not convinced yet. I've got another 19 minutes; I think I can do it. I'm going to try. Paul writes in 2nd Corinthians. He says "but we have this treasure in jars of clay." Now I don't love.. in the Greek that translation. The literal translation is earthen vessels. And I like that better because when you say jars of clay, you picture like a really beautiful jar and very breakable, but that might not be what the Apostle Paul is getting to. He says.. we want to say earthen vessels. So something that's made of clay, like a wet.. I think of it as a wet clay, and I'll show you why in a minute. "To show that this all-surpassing power." You know what you have inside of you? Well, it shows up when you're under stress. It's called all surpassing power. If you don't believe it, get more stress in your life. Okay. I still haven't convinced you. I'll get you. "Is from God and not from us. We're hard pressed on every side but not crushed. We're perplexed." You know what that means? Totally confused. I just don't get it. None of this makes sense. Anybody feel that way right now? How could you do this to me, God? "We're perplexed but not in despair." Means we're not giving up, we're not quitting. "We're persecuted" it means people are mocking us, betraying us, lying about us, "but we're not abandoned. We're struck down, but not destroyed." "We always carry around in our body the death of Christ so that the".. the death of Christ comes in your baptism when you believe in Him. "So that the life of Christ may also be" what – "revealed in your body. For we who are alive are always being given over to death for Jesus' sake so that his life may also be revealed in our mortal body. So then death is at work in us, but life is at work in you." What's He saying? He's saying that when we're under the kind of pressure, pain, difficulty, the kind of thing we never thought we could go through, that is when we have the most power. And it's true. The time when the church is thriving the most is when it's persecuted. You just can't deny it. The heart of the church is almost always where it's the least popular to be a Christian. And this is just kind of how it is, that there's something, as Talab says, antifragile about a Christian; that the best way to destroy a Christian is just make him super comfortable. And the best way to make them grow is to put them under pressure! Any David Bowie fans? That's what we need! We need a little pressure. We need something.

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We need to push against the resistance. There is like a spirit of resistance that is against you doing what you're called to do and becoming who you're called to become. And it is up to us to choose every single day to move against that resistance with everything that's in us. Remember when Paul is writing this, he's a pharisee. Remember Paul never says 'I was a pharisee,' Paul says I am a pharisee. He's not embarrassed by that. And for him, and of course a pharisee in those days was somebody who had the Bible memorized. They knew the whole oral tradition. And every time they'd teach, they're teaching from the Old Testament. This is for sure a reference to many parts of the Old Testament, but if you're a Jew reading this, you immediately think of the creation story in Genesis, and you think of Jeremiah 18. In the creation story.. so the earthen vessels in the creation story, we always think of God out of the dust creating Adam, and it seems.. but they picture it as literally God took His hands.. remember God used to walk around to the garden. Right? Not a spirit, a person walking around the garden. God took His hands and out of the dirt kind of like built up a sandcastle kind of thing, and then built it into like a man, and then (WOOSH) breathed life into it, and that's how He created man. Now whether it happened that way or not, I don't know, but this is how Jews thought of it, that it was like wet clay that He formed a person. From that, the prophet Jeremiah is told by God in Jeremiah 18, it's like the Lord says to Jeremiah I have something to say to you, and Jeremiah says, what is it Lord? And the Lord says Jeremiah, go down to the potter's house. I want to show you something. So Jeremiah walks down the hill, he wanders through the village, he gets to the potter's hut, and there he sees a woman molding some clay. And she's forming it and shaping it, and its looking prettier and nicer, and its taking shape, and I don't know, maybe her son or something, a little boy, is playing with a ball and the ball hits the thing, and it get disfigured or messed up. It says that the clay gets marred or disfigured. And then what does the potter do? The potter goes no big deal, just fixes it right back up, maybe makes it a little better. Maybe goes back and makes it a little taller, a little thinner, a little wider, a little bigger, puts a little design on it. And then God says to Jeremiah, He said can I not do this with you Israel as the potter does, declares the Lord. Like clay in the hand of the potter, so are you in my hand, Israel. There are really two types of clay, right? There's wet clay and there's dry clay. When we think of jars of clay, we think of dry clay. I don't think that's right, and maybe it's something else, but when I think of what we're seeing here, just dry clay. What happens to dry clay under pressure? It breaks. What happens to dry clay when something hits it? It shatters. And many of us, our hearts, when something doesn't go the way we want it to go, you lose a job, somebody's rude to you or something horrible happens to you, we don't get loosie goosey, we get hardened. Like Pharoah, our heart gets hardened. What happens to hardened hearts? They shatter and they break. But this analogy is the opposite. It's that we want to remain wet clay. We want to remain wet clay in God's hands. It's almost like that living water inside the clay of our hearts, when we give our hearts to God and we say Lord, my heart is broken and busted and bent. If it's wet clay, if its flexible, if its yielding to the spirit of God, God just goes (BOOP) on the wheel and goes no problem, right? No problem. Makes something beautiful. He'll make something new out of your life again. But we can't get hard hearted. We've got to give our hearts to the Lord. We got to give it to Him. And we got to understand that sometimes, especially when it comes to like some of the more material things, or the losses in life, when things don't go our way in our job, or maybe friendship or relationship, or things aren't going the way you're asking, sometimes these things are actually happening – hear me – are happening for you. We think it's happening to me! It's not happening to you, it's happening for you. And wow, just that perspective alone in saying God, what if this is happening for me and not to me, gives you a whole new way of seeing your life and opportunity and your purpose, and even the reason for some of the challenges you're going through. It's not all the time, but sometimes that's true. And what we see is that a lot of times the stress, the anguish, the trials, when we put them in God's hands, it's like that's the thing that causes us to grow. You prune a tree, it looks smaller. Looks like it's about to die, but it's really for the tree. It gets stronger. You prune a human life, and it gets stronger. That's how we're made. And so life changes. We face all of these changes in life we didn't want to change, all of these changes that happen, but at the end of the day, God always wants us to always be changing to be more like Him. If you change, everything in your life will change. If you want your life to get better, you get better. If you want your life to improve, you improve! It's not going to be up to anyone else to fix your marriage, to fix your family, to fix your job, we want to blame your boss, you want to blame the government, you want to blame your neighbors, you want to blame your genes, you want to blame whatever it is, but my friend, here's where the power lies. The power lies within you. When you wake up every morning and you say things in my life can change if I change.

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And you say Lord, here's my heart. Bent, broken, messed up, whatever, here it is, just change it into what you want it to be. And He says it's going to hurt a little bit. We say go for it. Just go for it. Just do your thing, Lord. Let's do this together. And watch what God will bring out of it. At first it will stink and it'll be horrible and you'll feel sick and you'll hate it, but eventually you get to the other side of that and you'll look back and you go wow, God had a great thing in my life. And that's my prayer for you. I understand through what I've been through, and I understand through what the scripture says, discomfort is the thing between you and who you want to become. That's it, my friend. Discomfort and pain and stress, sometimes anguish, sometimes betrayal, these are the things that lie between you and who you want to become. Everything will change for you if you can become that person that lies on the other side of your pain. About ten years ago now, plane took off from New York, and ran into a bunch of birds, and both engines went out. The captain, Captain Sully, you might know, radios in – I'm not going to make it to the airport. I have to land on the Hudson. And this fighter pilot, they say, was an amazing miracle, that he took 40 years of flight experience and was able to save everyone on board and land the plane on the Hudson. There's amazing footage of this, I think a 747, 730, I forget, sinking into the Hudson, very creepy picture, but everybody on this plane survived. There was another hero, other than Captain Sully on that plane who had a big part to do with that, and his name was Dave Sanderson. Dave Sanderson was a committed Christian, and a security guard. And actually, did security for Tony Robbins, so he had a lot of positivity. But he said he was at the door, he was sitting in the escape door, so he could have been the first one out of the plane, but he knew; something went inside of him, he said this word from my mom – if you do the right thing, God will take care of you. That's what he said. So he had this line in his head, and he decided he was not going to get off the plane until he made sure everybody else had gotten off the plane. All the old people, all the children, right. He made sure everybody got off the plane, and there's this footage of this security guard, he's the last one out and nobody died. And who knows if he hadn't done that if everybody would have made it out. Who knows. But one of my favorite things is he says after this amazing trauma, like horrible, scary thing happened in his life, everything in his life got better. Everything. And then he said this. By the time you're 40, almost everyone will go through some kind of a personal plane crash. Right? Some devastating event that you never foresaw that just.. some black swan thing that comes out of nowhere, you couldn't predict it, you didn't know it would happen. And actually, he was coining a phrase that had been researched that very often when somebody goes through trauma, they actually grow from it. We're all familiar with this PTSD. You know what that stands for, right? Post traumatic stress disorder. It's common for soldiers and people who go through a traumatic event. I don't want to diminish it. It's a real thing. It's a difficult thing that people face. But did you know more common than post-traumatic stress is post traumatic growth. Isn't that interesting? There was a study done by Tadashi and Calhoun, researchers who found that over ninety percent of those who experience some major trauma in their life, in the long term, experienced a positive met psychological improvement in their life. A plane crash, or some devastating health thing that they got through, or whatever, and here's why. Number one: they realized the importance of their relationships. Number two: their self-esteem went up, because they got through it, and number three: they found more meaning in their lives. Now here was the breakdown to what made the difference. Here's the breakdown: is what meaning they ascribed to that event. So often when we go through a plane crash, a personal plane crash, we say I can never fly again. Why did that plane crash happen to me? That was so scary. I can't ever think about it ever again. Or, we can say God had me on that plane to help me get people off that plane. Or whatever. There is a way.. again, I don't want to minimize your trauma and those horrible things are tough, but I want to give you hope that after you grieve the thing, and you ought to, that maybe that thing can give you a kind of super power to grow as a person. When I was thinking about PTSD, the first group of people I always think of is veterans, and I just was thinking about this that it's interesting overwhelmingly in business, uber successful entrepreneurs, a weird percentage of successful entrepreneurs are veterans; some of the most successful people in our society. And then, when you go down the street and you see homeless people, weirdly an odd percentage of homeless people are veterans. Isn't that interesting? That you have veterans falling very typically either on some of the most successful financially, most financially successful people in our society or the most financially in need in our society. What's the difference? I'm not qualified to answer that question, but I would guess that it has something to do with how they viewed the experience. Someone who's succeeding says I've been shot at, I've been in a helicopter crash, I've jumped out of a plane, I've seen explosions, I've lost one eardrum, if I can handle that, I can handle a.. whatever in their business, right?

## The Two Types of Stress

But maybe the guy on the street says, I saw an explosion and I've been shot at and I just keep spinning my wheels and I can't handle it. And that's not a judgement at all. I've never been through that, but I'm just saying that there's something about how we experience those things that make us different. It's like the old parable. I'll tell it again, I've told it before, but I love it about how a man who was a drunk and a scoundrel has twin sons, and the first son ends up being a drunk and a scoundrel. And they asked him why are you a drunk and a scoundrel, and he says well my dad was a drunk and a scoundrel. But the other twin goes on to have a successful life, a great family, a great marriage and friends, he's a contributing member of society, involved with his church, a great friend to all. And they say how did you be such a successful person? And he said I didn't want to be like my father. It's interesting how so much of how you perceive your life and your past dictates your future. Not what happened to you, but how you perceive what happened to you. Here's what Jim Roan said – let the past be a school. Don't be ashamed of it, don't beat yourself up with it, don't say I'm a terrible person, but allow the things you went through in the past to help you grow and become, not only a better person for you, but a better person for those who need a better you. And let me tell you, friend, there are people in this world who need the better version of you. Not the person that pretends the past didn't happen, but can tell you how that past made them into who they are today. Okay, and this is why faith is so important. When you have faith in God and in heaven, right? That's just a big part of losing a loved one that you know they're more alive than we are, that they're watching. Let me just pause there for a minute. That's probably the greatest trauma is losing a loved one, especially a child. But if you've lost a kid, a spouse, one of your parents or a brother, and you're just missing them, and you're just gripped by anguish, first of all, remember that there is a heaven and God made a space for them. But number two, think about this. If they're watching your life right now, what do they want for you? What do they want for you? Do they want you to wallow. Do they want you to weep all the time. Do they want you to pull the shades closed and crawl into bed and give up on life? Certainly no. They love you. So what do they want for you? They want for you to be happy. They want for you to have a full life. They want for you to do all in life what you can do. They want you to never waste a day. They want you to enjoy every meal and every person. They want you to see everybody that you come across. They want you to live a life for God and to love your neighbor, and to be patient and kind and to live a life that matters. That's what they want for you. That's what I want for you. And so even though we grieve, we can understand that they watch us, they pray for us, and they love us even now. So this is what we do. When you go through a tough time, a hard loss, a difficult thing, the sad part is you can't get that old life back. It was a great life, but you'll never have that life again, and that's the hardest thing, isn't it. You don't bounce back, but here's what you do – you bounce forward. You don't bounce back, you bounce forward. There's another life that you can't see until you step into it. It's like a doorway full of light. You can't see what's in there, but you need to step into it to see what's there. It'll be a different life, but it'll also be a good life because it's a life made by God for you. Those are the big things that we face in life. Most of us don't have to face too many of those in our lives, too many personal plane crashes, but all of us have a lot of stress. Some of you are like ohhhh, I got to go back to work tomorrow. Some of you are like when is this guy going to stop speaking. Don't worry, I only have a minute and twenty-seven seconds left. But I'll probably take an extra two, is that okay? Here's how you turn distress into eustress. You see it as a gift. You see it as a gift. And no, you probably don't need to go seeking out more stress in your life, but when stress comes, be worthy of it. Say I have everything within me to handle the situation, and it'll become so. It's weird how there's not a machine in this world that the more you use it, the better it gets. And yet the human body, the more you use it, the better it gets. The human mind, the more you use it, the better it gets. The human spirit, the more you use it, the better it gets. You want to destroy the spirit of a person? Keep them comfortable. Keep the stress out of their life. We call that a bum. Think about an athlete being in the gym. Right? And he's on the football team, and he goes down to do some exercise he hates, and he looks up at his coach and he says 'hey, hey, these weights are heavy.' What do we call him. We call that a loser. Right? Again. These weights are heavy? What athlete that's serious about a sport is going to say these weights are heavy. No, the athlete tries to take as much.. it's always the other way, right? They take too much weight to the point of getting injured. Imagine a gymnast who says 'this stretch hurts my hamstrings. I don't like it.' Is that gymnast going to the Olympics? I think we would say probably not. You want to be on fire? You want to be on fire for life? You want to be on fire for your calling? You want to be on fire for God? Life, fire thrives on obstacles. But when you gave it all, when you poured it on, when you did all you could do, when you gave it your best, and then you rest, that rest is really worth it.

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We can say it this way: food tastes the best when you're hungry. A hug feels the best when you're lonely. A hot tub feels the best when you're cold. And rest feels the best when your feet are weary. Hannah, my wife likes to say, as a joke, why pray when you can worry. Right? That's the last kind of funny thing to think about. Maybe you're feeling stressed, hey just take a second and breathe. Take a deep breath and just say Abba, I belong to you. Abba, this is your problem, too. Abba, you're with me. Abba, you've given me all I need to do this. And just watch the power that comes out of you when you don't pull back from the stress, but you lean into it with the Lord, and just watch what He'll do in your life. It'll change your life. So Father, Abba God, we give our lives to you, our stress, our anguish, our fear, our betrayal, our anger, our unforgiveness, everything that we go through that makes life hard, we ask, Father, that it would form us and shape us into who you've called us to be. We love you Lord, we thank you, and it's in Jesus' name we pray, all God's people said, amen.

### Benediction – Bobby Schuller:

And now the Lord bless you and keep you. The Lord make His face to shine upon you and be gracious unto you. The Lord lift His countenance upon you and give you His peace, in the name of the Father and of the Son and of the Holy Spirit, amen.