

devour” (I Peter 5:8). Furthermore, we should recognize that the lion is NOT toothless as some have declared!

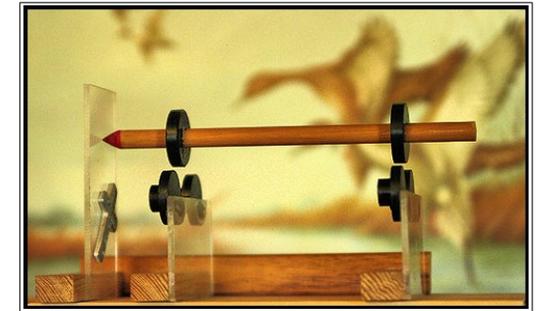
However, when we turn everything over to God, then we find PEACE and enter into God's REST. “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee” (Isaiah 26:3). Like in the anti-gravity illustration, we will come to find peace and rest to the degree we come to depend upon God. Although the problems will tend to pull us down, we can remain in a position of overcoming. Jesus said, “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). Because Jesus has overcome, we can also.

When I attached the cross in the anti-gravity prop, I purposed to place it below the end point of the dowel. Many churches teach that we are to live a crucified life and in one sense that is true. “Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me” (Matthew 16:24). Some churches teach the resurrected life, but fail to teach the crucified life. However, Jesus was crucified before he was resurrected. In one sense, we also must come to a point of death before we can experience the resurrected life. One the other hand,

some teach the crucified life, but fail to complete the picture. They fail to go beyond the cross event to see that we need to live a RESURRECTED life. Yes, Jesus was crucified, but the third day, he was also resurrected to live forever. In Christ, we also are to live the resurrected life. “Now if we be dead with Christ, we believe that we shall also live with him: Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him. For in that he died, he died unto sin once: but in that he liveth, he liveth unto God. Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord” (Romans 6:8-11). Paul prayed that the Believers would see “... what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places” (Ephesians 1:19-20). We are to live the RESURRECTED LIFE by the grace of God then we can find rest and peace even in the face of the various cares pulling us down.

Whole Person Counseling

<http://www.wholeperson-counseling.org>



## Defying Gravity

The above picture is an actual photo of a wooden dowel with two rings on it being suspended in mid air. Gravity pulls the dowel with the two rings downward; therefore, there must be a greater force to lift it up and suspend it in mid air. The rings on the wooden dowel are magnets and the rings the upright supports are also magnets. The opposing forces of the magnets suspends the weight of the dowel. The plastic shield at the front of the dowel keeps the dowel from moving forward and falling. Once the dowel is placed in position, one can actually spin it for a time, but eventually it will come to a complete rest. In like fashion, the cares of this life, the emotional traumas, the temptations of this world, and the lies of the enemy, all, pull us down.

### A Few Cares

Difficult relations

Temptations

Health issues	Money problems
Depression	Personal failure
Identity issues	Personal criticism
Job Loss	Abuse by others
Addictions	Death of relative
Disappointments	Trauma
Emotional wounds	Fears
Lies of the devil	Over work
Confusion	Relocation

The **weight** of the cares of this life pull us downward and we may become overly burdened, angry, bitter, and depressed. The harder we try to overcome, the more that we fail and the more frustrated we become.

Some judgmental church members may tell us that we just need to try harder. The enemy at the same time may whisper in our ears that we might as well just give up and yield to the temptations that he lays before us. The reality is that we need a power greater than our own power to lift us up and to point us in the right direction.

This is God's GRACE! Jesus said, "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" (Matthew 11:28-30).

In reality, it is **impossible** to live the Christian life if we are trying to live it in our own strength. It is a dead end street. However, we as Believers are created to be overcomers, but only when totally rely upon the **grace** of God. I have often heard it said in church that the Christian life is **so hard**, but the Word says just the opposite. "Good understanding giveth favour: but the way of transgressors is hard" (Proverbs 13:15). Jesus told Saul, who would later become Paul, that it was hard to kick against the pricks. "And he said, Who art thou, Lord? And the Lord said, I am Jesus whom thou persecutest: it is hard for thee to kick against the pricks" (Acts 9:5). In contrast, Jesus tells us that living the Christian life is **EASY**. That does not mean that we will not have tribulation, but that God gives us GRACE to overcome.

When Paul later, as a strong Believer, was faced with issues that made him feel weak, God told him that His GRACE was sufficient for him. "And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me" (II Corinthians 12:9). Paul responded, "Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong" (II

Corinthians 12:10). The greater the problem is the more of God's grace that is available.

Grace is the power both **to be** a child of God and the will and power to live as a child of God. "But by the grace of God I am what I am: and his grace which was bestowed upon me was not in vain; but I laboured more abundantly than they all: yet not I, but the grace of God which was with me" (I Corinthians 15:10). GRACE enables both "**to be**" and also "**to do**." Our own will power only goes so far and we fall flat on my face, but look at what Paul said. "For it is God which worketh in you both to will and to do of his good pleasure" (Philippians 2:13). Therefore, we are simply to YIELD our will to His will, which resides by His Spirit in us, then we are to live by His power.

**When we do this, then the Christian life becomes EASY!** It is then that He will lift us up and point us in the right direction as with the anti gravity illustration. As long as we hold on to our own "cares" God backs away to allow us to fall. However, if we will cast all our cares upon Him, then He becomes **responsible** to care for us. "Casting all your care upon him; for he careth for you" (I Peter 5:7). If we don't cast our cares upon Him, then we get to face the devil, all by ourselves. "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may