

*Anger & Stress Management
God's Way*

- or -

*Living Free In The Kingdom of God
(Without Stress, Disease, or Catastrophe)*

Living Free Seminar

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Introduction

The Living Free seminar focuses on deliverance issues such as how stress (from emotional baggage and broken relationships with self and others, lingering unforgiveness issues, etc.) causes deep-seated roots of bitterness, which become all the fodder needed for the adversary to wreak havoc on mental and physical health. A defiling root of bitterness exists, for example, wherever there is a pain in a memory of an event or a person. These can be subtle when we have done the "Christian thing" of forgiving others who have hurt us. But having closed the front door of offense by forgiving the perpetrator of a wrong against you, how many people know to also close the back door by asking for forgiveness from God for the attitude of bitterness, hurt, rejection, resentment or anger that you took on as the victim? Or the side door of accusation which the devil tries to whisper in one's ear against another member of the Body of Christ? Is it not surprising that satan is still able to gain an advantage? Have you noticed, for example, how many people who are crippled with arthritis also have seething anger against another person in their past? Is there a connection, and if so, what is it?

Studies have shown that 5 minutes of negative emotions suppresses the immune system for over 20 hours. Can you imagine what suppressed anger will do twenty years after a bitter divorce? The traumatic loss of a child? Rejection or physical abuse from an alcoholic father, or constant criticism from someone who should have been nurturing when you were growing up? The medical profession knows that over 90% of all disease arises from continuing (though often deeply buried) stress. And a very common denominator of stress is unforgiveness.

God has an answer. It's called the peace that passes all understanding, and the blessings of the new covenant. But these can be surprisingly elusive when offenses and unforgiveness issues remain either in whole or in part in the human heart. This is a class on recognizing and dealing with roots of bitterness, and how to keep them from dealing with you. Lupus, MS, fibromyalgia, panic attacks, allergies, cancer and other such afflictions often fall away as people allow the Spirit of God to lead them in repentance, healing the heart, and closing every door the enemy has used so effectively for so long. How good our Lord is to send us the Holy Spirit to help unravel the tangles! It is also a class on learning to grow in intimacy and personal fellowship with Jesus Christ, the One who has a solution for every issue we face.

We really can help set the captives free and heal the broken hearted as we learn to stand in the love and forgiveness of our Lord Jesus Christ.

May God's blessings be upon and your children for all generations!

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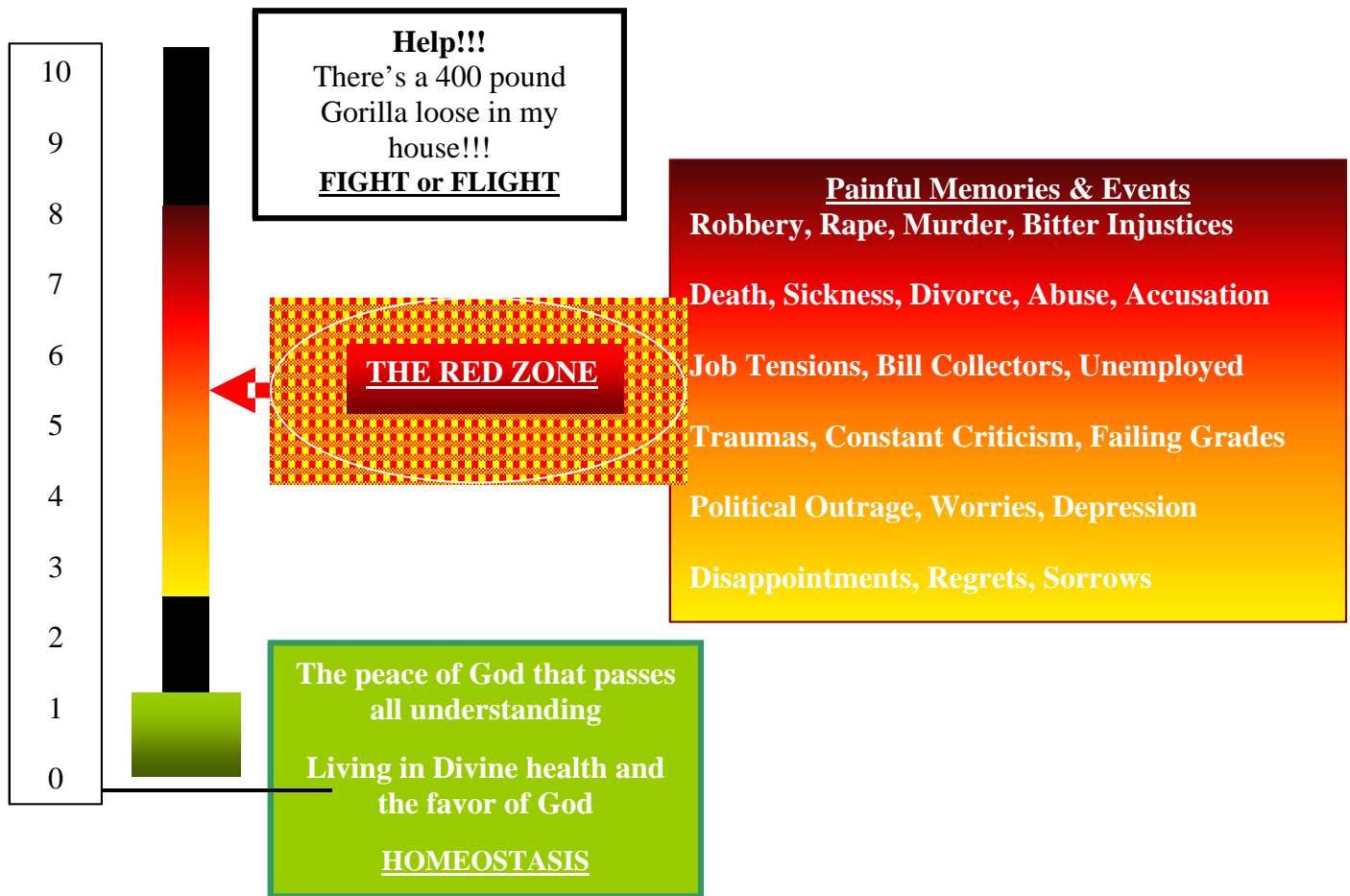
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Session I: Living In The Red Zone 101



Fight or Flight – what happens automatically to the body (per God's design)

Homeostasis - where God designed us to live

The Red Zone – where most people live due to modern stress, anxieties, calamities, and life without Lordship (over past wounds) and relationship. It is definitely not where God designed us to live!

Further Study References (see last page):

1. *Biblical Foundations of Freedom: Destroying Satan's Lies With God's Truth* (Mathias)
2. *In His Own Image: We Are Wonderfully Made* (Mathias)
3. *The Continuing Works Of Christ: Exposing Unbelief* (Mathias)

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