

Skip the Stress

signup page found here: <https://www.startingwithgod.com/skip-the-stress/>

Skip the Stress - 1

Hi,

I'm so glad you asked to receive this series.

Having a relationship with God can be a wonderful experience. Or extremely frustrating.

There are land mines.

I remember the first year or so after asking Jesus into my life. I loved getting to know God. I'd spend hours in the Gospels, captivated by Jesus' life and how he interacted with people. The more I read, the more I appreciated him.

But I also found myself reading things in the Bible that took me off-guard. Certain actions were identified as *sins* that I had never viewed that way!

I also found commands like: "be patient, tenderhearted, forgiving," which were far easier to read than to do.

In frustration, I thought, "It was much easier being an atheist."

Then, over the next several months, I started feeling like I owed God payback for all the great things he was doing in my life.

I thought, "Now that I know God is there, I should be talking to him more. I should be reading the Bible more. I should be talking to my friends who don't know him. I should be, I should be. "

Ok. Let me tell you -- that is NOT how God wants us to live out our relationship with him.

He has not asked us to open our arms, brace our footing, and catch some enormous, cosmic to-do list.

He also is not asking us to prove that we are worthy to know him -- we're not! And he's perfectly ok with that.

God has an entirely different perspective on our relationship with him.

Please click on this link. I think you will find it freeing:

<http://www.startingwithgod.com/struggles/expect>

Talk to you again soon.

Marilyn Adamson

director of EveryStudent.com
and StartingwithGod.com

Skip the Stress - 2

Hi,

Every mouth-watering recipe holds at least one secret ingredient.

Asiago cheese. Or Basil. Or a port wine. Or bittersweet chocolate.

Am I making you hungry? Sorry.

It's that one ingredient that makes it all work. That one item that forces you to drive to the grocery store, even while you're already cooking.

Jesus told the disciples that there was something they needed, before they could tell others about him. Without this, they would not have any power to persuade others about him.

And, this would be crucial to their on-going relationship with himself. A rather important ingredient, wouldn't you say?

Jesus said the Holy Spirit would come live inside of them.

Before Jesus' crucifixion, he told his disciples, "I will ask the Father, and he will give you another Helper, to be with you forever...the Spirit of truth...he dwells with you and will be in you."

Jesus went on to say, "...the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you." (John 14)

You'll see the Holy Spirit, or "the Spirit of God" mentioned throughout the Bible. The Holy Spirit is the third person of the Trinity.

The Father, Jesus the Son, and the Holy Spirit > one God.

As humans, limited by time and space, we're not really going to be able to figure out three, yet only one. I'm ok with that. What's important is that this is what God has revealed about himself.

(If you want more explanation about the Trinity, here you go:
<https://www.everystudent.com/forum/trinity.html>)

But here's what I really want you to know. We are not living separately from God. God lives within us, and changes our lives, from the inside out. He changes our hearts, our attitudes towards people.

In the following article the author refers to the Holy Spirit as "the Christian's secret."

You'll how the Holy Spirit inside of us gives us power to live the life God desires for us.

The secret ingredient.

Take a look: <http://www.startingwithgod.com/new-life/spirit-filled>

Talk to you soon.

Marilyn Adamson

director of
EveryStudent.com and
StartingwithGod.com

Skip the Stress - 3

Hi,

One day, my schedule, deadlines, and obligations were crawling up my neck and tightening their hold.

You know that feeling when you're so overwhelmed, you don't know what to do first?

So I got out a piece of paper and pen, and asked God:
"Just tell me what you want me to do, and I'll do it."

I then opened my Bible and immediately read where Jesus was talking with a man who was blind. Jesus was asking him, "What would you have me do for you?"

I read it again. Jesus asked: "What would you have me do for you?"

Rather amazed, I picked up my pen and began writing an entirely different list...to God.

This, I have found, is characteristic of God. Reminding us that he is there. That he cares.

This will explain how God gently influences our lives and changes us.

<http://www.startingwithgod.com/struggles/changes>

If you have any questions, please email us here, and someone will personally reply to you:

<http://www.everystudent.com/contact.php>

Marilyn Adamson

director of
EveryStudent.com and
StartingwithGod.com

Skip the Stress - 4

Hi,

Everyone would like to have an approach to life that works. Always. In every situation.

I mean, wouldn't it be nice to know that you can handle anything that life throws at you? Not because you're capable.

But because of what you *know*.

That's what I'm hoping to give you today. Knowing this will not make your life problem-free. Life can be chaotic and stressful.

But you will know how to deal with it.

I remember how thankful I was to understand this when I was dealing with one of the most difficult circumstances in my life.

At four months of pregnancy I was warned by my doctor that there were problems. At nine months, I delivered a girl, still born. Ok, that's not to make you feel bad.

Here's why I'm telling you.

I knew by then how to trust God in my life, (what I'm about to give you). Because of that, though I experienced sadness, I had a peace throughout the pregnancy and after. I never struggled with anger, turmoil, or resentment.

It wasn't because I was being stoic. Or in denial.

It's because I had developed a habit by then of taking God at his word. This advice is worth its weight in gold.

Here it is for you to see:

<http://www.startingwithgod.com/knowning-god/what-is-faith>

I could give you countless examples of how helpful this has been in my life. And I bet it will be for you also!

Next email will be on how to get free from feelings of guilt.

Talk to you soon,

Marilyn Adamson

director of
EveryStudent.com and
StartingwithGod.com

Skip the Stress - 5

Hi,

I grew up in a particular church background that capitalized on guilt. It was their specialty.

In fact, I've got a true story for you that you'll never forget.

Picture scrawny second-graders. Sitting quietly at their desks that are twice their size. Feet dangling off the floor.

The teacher wants to make sure these second-graders don't waste any paper. They are instructed to write on both sides. And in the margins. Even the very top margin.

"Thou shalt not waste." And she is dead serious about this.

To drive home her point, the teacher actually said, "The paper you waste, is the paper God will use to burn you in hell."

I told you they were experts at guilt. (Yes, I agree. Today, there would be a law suit.)

Well, let me ask you. What kind of commands put YOU under the pile? What happens when you do, or say, or think something that you know doesn't please God?

Do you carry that guilt? Do you beat yourself up?

One of the most important truths for us to catch is this: Jesus died for all of our sins. He was tortured, whipped, nailed to a cross and died in our place, paying for all our sins.

Sometimes we have a hard time accepting it, because we think "That's not fair." You're right. No, it's not! But it is true.

This article will explain what to do with guilt when you find yourself lugging it around. Discouraging you.

<http://www.startingwithgod.com/knowning-god/holy-spirit>

If you have any questions, please email us here:
<http://www.everystudent.com/contact.php>

Next email will contain a short video, reviewing how to maintain a close connection with God.

Talk to you soon,

Marilyn Adamson

director of
EveryStudent.com and
StartingwithGod.com

Skip the Stress - 6

Hi,

Someone created a 15-minute video that is a great addition to what we've been talking about.

What do you do with sin? How to maintain a close relationship with God?

I think you might like it. Here it is: _

<http://www.startingwithgod.com/struggles/how-to-live-the-christian-life/>

Hope you enjoy it!

Sincerely,

Marilyn Adamson

director of EveryStudent.com
and StartingwithGod.com

Skip the Stress - 7

Hi,

This one is important.

It is super easy to get discouraged.

We can feel like we're failing God. We keep struggling with the same sin. Or we begin to doubt God's love.

All sorts of negative, condemning thoughts can pour into our minds. I want you to know how to battle these thoughts, because they are often not from God.

When God is speaking, when God points out sin in our lives, he does so tenderly. He leads us to himself, who is our sanctification.

He is the one who changes us. He draws us to himself. The Holy Spirit inside of us leads us to confess, to look to God for change, thankful that God can do it. When God is speaking to us, it often leads to greater intimacy with God.

However, when self-critical, self-hatred, condemning thoughts come to us, they are often from Satan. They lead us to hide from God, be independent from God, and look to our own ability to "be better."

I want you to live under God's freedom and grace. This article shows you how to notice Satan's lies and how to combat them. It's titled, "Why We Don't Have to Listen to Satan." Here it is:

<http://www.startingwithgod.com/struggles/do-not-listen/>

It's so valuable. I'm so glad I can offer it to you.

Marilyn

director of
EveryStudent.com and
StartingwithGod.com