

OUR NEW HOME 21

REVELATION 22:12

12 And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be.

REVELATION 22:13

13 I am Alpha and Omega, the beginning and the end, the first and the last.

REVELATION 22:14

14 Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.

[STOP]

THE.RESTORATION.OF.THE.BRIDE.TREE_ JEFF.IN V-3 N-15
SUNDAY_ 62-0422

34-5 I used to have... A friend of mine, Jim Poole, and I, we used to have an old dog. We called him Fritz. And so this old dog, he'd--he'd go into anything that I--he treed, but a skunk. He was afraid of a skunk, 'cause he smelled so. So I'd get him a skunk under the brush pile; the only thing I had to do was just pat him a little bit and say, "Sic 'em, sic 'em, boy." He'd go get the skunk (See?), because I was patting him, saying, "Sic 'em." Well, that's just what it is when we... That is... The worst stinker I know of is the devil. So when I'm bringing this Word out and somebody says, "Amen," that's "Sic 'em, boy." We get him--we get him treed.

THE.RESTORATION.OF.THE.BRIDE.TREE_ JEFF.IN V-3 N-15
SUNDAY_ 62-0422

35-1 **So we find out that he took away the joy.** You know, David one time lost the joy of his salvation; he didn't lose his salvation; but he lost the joy of it. He cried, "Lord, restore to me the joy of my salvation." See? The joy...

So this little old palmerworm begin to eat that fruit of joy out: "Now, looky here, you people make too much noise. I tell you, all this crying, this saying 'Amen,' and this shouting, that's nonsense. There's nothing to that."

See? First thing you know you're setting in a big morgue, you know, setting there, all of them dead. Some of these embalming fluids of so-called doctrine of creeds pumped into their veins where the Spirit of God ought to be running, where the old church creed pumped in there, no wonder they're icy, cold and dead; spiritual thermometer, ninety below zero. Yeah. Somebody say, "Amen"; everybody stretch their neck around like some kind of goose or something, want to know what said that. It's a shame, when the Spirit of God ought to be joy, peace, love. But this little old bug started eating on it, and he eat all the joy away.

PSALM 16:11

11 Thou wilt shew me the path of life: **in thy presence is fulness of joy**; at thy right hand there are pleasures for evermore.

PSALM 27:6

6 And now shall mine head be lifted up above mine enemies round about me: **therefore will I offer in his tabernacle sacrifices of joy**; I will sing, yea, I will sing praises unto the LORD.

239-2 THYATIREAN.CHURCH.AGE - CHURCH.AGE.BOOK
CPT.6

"I will put upon you none other burden."

The word for burden is weight or pressure. The pressure of the Dark Ages was either bend, or be broken. Bow or die. It was the inquisition, the power of the empire backing up Satanic worship. Be organized or pay with your life. Each age had its pressures.

For example a great burden of the last age is the pressure of riches, soft living and nervous tensions in a complex age that we seem unfitted to live in.....

Stress is a natural physical and mental reaction to life experiences. Everyone expresses [stress](#) from time to time. Anything from everyday responsibilities like work and family to serious life events such as a new diagnosis, war, or the death of a loved one can trigger stress.

For immediate, short-term situations, stress can be [beneficial to your health](#). It can help you cope with potentially serious situations. Your body responds to stress by releasing hormones that increase your heart and breathing rates and ready your muscles to respond.

Yet if your stress response doesn't stop firing, and these stress levels stay elevated far longer than is necessary for survival, it can take a toll on your health.

Chronic stress can cause a variety of symptoms and [affect your overall well-being](#). Symptoms of chronic stress include:

Irritability, anxiety, depression, headaches, insomnia, Central nervous and endocrine systems

Your central nervous system is in charge of your "fight or flight" response. In your brain, the hypothalamus gets the ball rolling, telling your adrenal glands to release the stress hormones adrenaline and [cortisol](#). These hormones rev up your heartbeat and send blood rushing to the areas that need it most in an emergency, such as your muscles, heart, and other important organs.

When the perceived fear is gone, the hypothalamus should tell all systems to go back to normal. If the CNS fails to return to

normal, or if the stressor doesn't go away, the response will continue.

Chronic stress is also a factor in behaviors such as [overeating](#) or not eating enough, alcohol or drug abuse, and social withdrawal.

Respiratory and cardiovascular systems

Stress hormones affect your respiratory and cardiovascular systems. During the stress response, you breathe faster in an effort to quickly distribute oxygen-rich blood to your body.

If you already have a breathing problem like [asthma](#) or [emphysema](#), stress can make it even harder to breathe.

Under stress, your heart also pumps faster. Stress hormones cause your blood vessels to constrict and divert more oxygen to your muscles so you'll have more strength to take action. But this also raises your blood pressure.

As a result, frequent or chronic stress will make your heart work too hard for too long. When your blood pressure rises, so do your risks for having a [stroke](#) or [heart attack](#).

Digestive system

Under stress, your liver produces extra blood sugar ([glucose](#)) to give you a boost of energy. If you're under chronic stress, your body may not be able to keep up with this extra glucose surge. Chronic stress may increase your risk of developing [type 2 diabetes](#).

The rush of hormones, rapid breathing, and increased heart rate can also upset your [digestive system](#). You're more likely to have heartburn or [acid reflux](#) thanks to an increase in stomach acid.

Stress doesn't cause ulcers (a bacterium called H. pylori often does), but it can increase your risk for them and cause existing ulcers to act up.

Stress can also affect the way food moves through your body, leading to [diarrhea](#) or [constipation](#). You might also experience [nausea](#), vomiting, or a [stomachache](#).

Muscular system

Your muscles tense up to protect themselves from injury when you're stressed. They tend to release again once you relax, but if you're constantly under stress, your muscles may not get the chance to relax.

Tight muscles cause headaches, back and [shoulder](#) pain, and body aches. Over time, this can set off an unhealthy cycle as you stop exercising and turn to pain medication for relief

50 Common Signs and Symptoms of Stress

Frequent headaches, jaw clenching or pain. Gritting, grinding teeth, Stuttering or stammering, Tremors, trembling of lips, hands, Neck ache, back pain, muscle spasms, Light headedness, faintness, dizziness. Ringing, buzzing or "popping sounds.

Frequent blushing, sweating. Cold or sweaty hands, feet, Dry mouth, problems swallowing, Frequent colds, infections, herpes sores, Rashes, itching, hives, "goose bumps",

Unexplained or frequent "allergy" attacks, Heartburn, stomach pain, nausea, Excess belching, Constipation, diarrhea, loss of control Difficulty breathing, frequent sighing,

Sudden attacks of life threatening panic, Chest pain, palpitations, rapid pulse Frequent urination, Excess anxiety, worry, guilt, nervousness.

Increased anger, frustration, hostility, Depression, frequent or wild mood swings, Increased or decreased appetite
Insomnia, nightmares, disturbing dreams,

Difficulty concentrating, racing thoughts, Trouble learning new information, Forgetfulness, disorganization, confusion. Difficulty in making decisions.

Feeling overloaded or overwhelmed, Frequent crying spells or suicidal thoughts, Feelings of loneliness or worthlessness

Little interest in appearance, punctuality, Nervous habits, fidgeting, feet tapping, Increased frustration, irritability, edginess, Overreaction to petty annoyances, Increased number of minor accidents.

Obsessive or compulsive behavior, Reduced work efficiency or productivity, Lies or excuses to cover up poor work, Rapid or mumbled speech, Excessive defensiveness or suspiciousness

Problems in communication, sharing, Social withdrawal and isolation, Constant tiredness, weakness, fatigue, Frequent use of over-the-counter drugs,

Weight gain or loss without diet, Increased smoking, alcohol or drug use, Excessive gambling or impulse buying

Stress has been called “the silent killer” and can lead to heart disease, high blood pressure, chest pain, and an irregular heartbeat.

While it is a myth that stress can turn hair gray, stress can cause hair loss. In fact, telogen effluvium (hair loss) can begin up to three months after a stressful event.

The stress hormone cortisol not only causes abdominal fat to accumulate, but it also enlarges individual fat cells, leading to what researchers call “diseased” fat.

Stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, liver cirrhosis, and suicide.

The stress of caring for a disabled spouse increases the risk of stroke substantially.

Chronic stress can impair the developmental growth in children by lowering the production of growth hormone from the pituitary gland.

The term “stress” derives from the Latin stringere (to draw tight).

Stress causes capillaries to close, which restricts bleeding if a flesh wound should occur.

Pupils dilate during stress much the same way they dilate in response to attraction: to gather more visual information about a situation.

Chronic stress floods the brain with powerful hormones that are meant for short-term emergency situations. Chronic exposure can damage, shrink, and kill brain cells.

Stress makes the blood “stickier,” in preparation for an injury. Such a reaction, however, also increases the probability of developing a blood clot.

Chronic stress increases cytokines, which produce inflammation. Exposure to constant inflammation can damage arteries and other organs.

Stress can result in more headaches as a result of the body rerouting blood flow to other parts of the body.[9]

Stress can alter blood sugar levels, which can cause mood swings, fatigue, hyperglycemia, and metabolic syndrome, a major risk factor for heart attack and diabetes.

Chronic stress decreases the body's immune system's response to infection and can affect a person's response to immunizations.

Stress can increase the ability of chemicals to pass the blood-brain barrier, which shields neurons from some poisons, viruses, toxins, and other fluctuations in normal blood chemistry.

Extreme or sudden emotional trauma can lead to "broken heart syndrome"(BHS), or stress cardiomyopathy (severe heart muscle weakness). This condition occurs rapidly, and usually in women.

Stress causes [deterioration in everything](#) from your gums to your heart and can make you more susceptible to illnesses ranging from the common cold to cancer.

Besides heart disease, posttraumatic stress disorder and depression, chronic stress has been linked to ailments as diverse as intestinal problems, gum disease, growth problems and even cancer.

One study found that people who experience high amounts of [stress at work](#) are more likely to develop Type 2 diabetes.

Recent research also showed that a stress hormone could cause [skin disorders](#) like psoriasis and eczema. Chronic rises in stress hormones have been shown to accelerate the growth of precancerous cells and tumors; they also lower the body's resistance to HIV and cancer-causing viruses like human papilloma virus (the precursor to cervical cancer in women).

When cells shrink due to exposure to stress hormones, they disconnect from each other, which contributes to depression.

Men are more likely than women to develop certain stress-related disorders, including hypertension, aggressive behavior, and abuse of alcohol and drugs.

STRESS RELIEF FROM LAUGHTER

Laughing lowers stress hormones (like cortisol, epinephrine, and adrenaline) and strengthens the immune system by releasing health-enhancing hormones.

Laughter is a powerful stress reducer
Chronic stress worsens irritable bowel syndrome (IBS), a condition that irritates the large intestine and causes constipation, cramping, and bloating.

A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body.

Laughter can:

Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

Activate and relieve your stress response. A hearty laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure.

The result? A good, relaxed feeling.

Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

LONG-TERM EFFECTS

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term.

Laughter may:

Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity.

By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.

Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.

Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier.

Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh.

Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories, one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh.

Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

Laughter stops distressing emotions. You can't feel anxious, angry, or sad when you're laughing.

Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more.

Laughter shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed and diffuse conflict.

Laughter draws you closer to others, which can have a profound effect on all aspects of your mental and emotional health.

PROVERBS 17:22

22 ¶ A ***MERRY** heart doeth good like a medicine: but a broken spirit drieth the bones.

MERRY: HEBREW LEXICON -- STRONG'S NUMBER 8056

8056 sameach {saw-may'-akh}
joyful, glad, showing joy, you who rejoice

THE.RESURRECTION.OF.JESUS_ CHICAGO.IL THURSDAY_ 56-0405

E-20.....God don't want you to be frowning. God wants you to be happy. **The human heart was made to be happy.** Worry will cause cancer. Temper will cause cancer. Don't never be upset. Just walk in His love. Amen. Knowing that you're walking in Him, and nothing can harm you. There's nothing can harm you. There's neither powers, things present, things future, nothing can separate us from Him. We're in Him. And we never come in by our own will. He, by choice, elected us and brought in to Him. Amen. So it's His business to take care of what He's took Hisself.....

PSALM 30:5

5 For his anger endureth but a moment; in his favour is life: weeping may endure for a night, **but joy cometh in the morning.**

PSALM 32:11

11 Be glad in the LORD, and rejoice, ye righteous: and **shout for joy**, all ye that are upright in heart.

PSALM 35:27

27 **Let them shout for joy**, and be glad, that favour my righteous cause: yea, let them say continually, Let the LORD be magnified, which hath pleasure in the prosperity of his servant.

PSALM 42:4

4 When I remember these things, I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, **with the voice of joy and praise**, with a multitude that kept holyday.

PSALM 105:43

43 And he brought forth his people **with joy**, and his chosen with gladness:

ISAIAH 12:3

3 Therefore **with joy** shall ye draw water out of the wells of salvation.

ISAIAH 61:3

3 To appoint unto them that mourn in Zion, to give unto them beauty for ashes, **the oil of joy for mourning**, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.

HABAKKUK 3:18

18 Yet I will rejoice in the LORD, **I will joy in the God of my salvation**.

ZEPHANIAH 3:17

17 The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee **with joy**; he will rest in his love, **he will joy over thee with singing.**

JOHN 16:24

24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, **that your joy may be full.**

JOHN 17:13

13 And now come I to thee; and these things I speak in the world, that they might have **my joy fulfilled in themselves.**

ACTS 20:24

24 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.

ROMANS 5:11

11 And not only so, but we also **joy in God** through our Lord Jesus Christ, by whom we have now received the atonement.

I PETER 4:13

13 But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, **ye may be glad also with exceeding joy.**

JUDE 1:24

24 Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory **with exceeding joy,**

PSALM 5:11

11 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.**

PSALM 35:9

9 **And my soul shall be joyful in the LORD: it shall rejoice in his salvation.**

PSALM 63:5

5 My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee **with joyful lips:**

PSALM 95:1

1 ¶ O come, let us sing unto the LORD: **let us make a joyful noise to the rock of our salvation.**

PSALM 95:2

2 Let us come before his presence with thanksgiving, and **make a joyful noise unto him with psalms.**

PSALM 98:4

4 ¶ **Make a joyful noise** unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise.

PSALM 98:5

5 Sing unto the LORD with the harp; with the harp, and the voice of a psalm.

PSALM 98:6

6 With trumpets and sound of cornet **make a joyful noise** before the LORD, the King.

PSALM 98:7

7 Let the sea roar, and the fulness thereof; the world, and they that dwell therein.

PSALM 98:8

8 Let the floods clap their hands: let the hills be joyful together

II CORINTHIANS 7:4

4 Great is my boldness of speech toward you, great is my glorying of you: I am filled with comfort, **I am exceeding joyful in all our tribulation.**