

OUR NEW HOME 22

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]

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.....

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

PROVERBS 15:13

13 ¶ A ***MERRY** heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

MERRY: HEBREW LEXICON -- STRONG'S NUMBER 8056
sameach {saw-may'-akh} 1)
joyful, glad, showing joy, you who rejoice

V-15

PROVERBS 15:15

15 ¶ All the days of the afflicted are evil: **but he that is of a merry heart hath a continual feast.**

PROVERBS 17:22

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

Laughing lowers stress hormones (like cortisol, 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.

Laughter is especially important in helping people get over chronic illness. It's often not the illness itself that overwhelms us and drags us down, but our fear and anxiety about the illness.

This can set up a stressful cycle: pain, fear, and anxiety about the illness worsens the illness, which increases pain, fear and anxiety, which, in turn, continues to worsen the illness.

Humor can break this cycle by triggering the release of endorphins, the body's natural painkillers. This is how physical exercise boosts a person's mood.

Laughter boosts natural killer cells, which are suppressed during stressful experiences.

Stress and tension elevate stress hormones, tighten muscles, constrict blood vessels, upset neurohormones, depress the immune system, and overload the heart.

Laughter relieves tension, lowers stress hormones, improves neurochemistry, settles the heart, and boosts the immune system. So, laugh often; it's good for your health!

Laughter has been credited with:
Promoting relaxation, Improving sleep, Strengthening social bonds, Improving overall attitude. Producing a general sense of well-being.

Laughter has been shown to provide many physical benefits as well, such as: Boosting the immune system, enhancing oxygen intake, Stimulating the heart and lungs, Relaxing muscles

Easing digestion, Relieving pain, Improving blood pressure
Improving mental functions, Releasing endorphins

One study found that humor led to increased pain tolerance, believed to be caused by the release of endorphins, the body's natural pain relievers.

Laughter therapy even works if patients can't find anything to genuinely laugh about, as forced or fake laughter still releases endorphins. Another study found that neuroendocrine and stress-related hormones decreased during laughter.

In one particular case, an 88-year-old female patient was diagnosed with advanced gastric cancer and opted not to receive cancer treatment. Instead, she was prescribed laughter therapy, which took place in a laughter-inducing environment. The program was structured so that the patient felt safe and relaxed, and that it increased her joy of living. Just over a year and a half later, an endoscopy revealed that her condition significantly improved, and 5 years after her initial diagnosis, she remained in good condition.

Laughter Can Help Prevent Cancer

Laughter has been shown to increase the levels of Interferon-Gamma in the body, which in turn promotes the release of B-cells, T-cells, NK cells, and immunoglobulin, and it also helps regulate cell growth.

Not only can all of these things help boost your immune system, they may also help prevent the growth of cancerous cells.

Laughter also increases levels of Complement 3, a part of your immune system that helps antibodies pierce through defective or infected cells in order to destroy them.

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.

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 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.

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 Hissself.....

ONLY.BELIEVE_ TALLAHASSEE.FL TUESDAY_ 53-0217

E-3.....We ought to be the happiest people on earth.

THE.ANGEL.OF.THE.COVENANT_ PHOENIX.AZ MONDAY_ 54-0301

E-2.....The Christian has not one worry in the world. They should be the most freest, happiest people in all the world. 'Cause there's nothing... You can't lose. And all things work together for good to them that love God. So how can we lose?

HEBREWS.CHAPTER.FIVE.AND.SIX.1_ JEFF.IN HEB SUNDAY_ 57-0908M

36 Oh, in this great hour of darkness and chaos over the earth, we should be the happiest people in the whole earth.....

WE.WOULD.SEE.JESUS_ VICTORIA.BC FRIDAY_ 62-0727

E-11.....Don't look down and be weary. We're just coming to the place for the coming of our Lord Jesus. **Instead of being weary, we should be the most happiest people in the whole world.** And we are. Sure. We are, because we're not afraid of bombs. Why, the bombs doesn't bother us.

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.

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.**

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

35-4 **And then, next fruit on the Tree is peace**, peace of mind, knowing that you're saved. They tell you, "Well now, if you'll recite our creed, you're saved."

"If you'll join my church, you're saved."

Well now, this one says, "You're not saved if you go there; you have to join our church to be saved."

"You have to say a 'Hail Mary.'"

"You have to have your name on this book."

"You have to have..."

Oh, my. That would take all the joy out; but that's not God's Tree. You know where you're at; that's hybrid. I always... You know what my story about the mule; he's a hybrid. He don't know who his papa, mama, either one was. See? He's a hybrid. But oh, a good pedigreed horse, he knows who his papa and mama was through generations. **And a real good pedigreed Christian too, that's got the Holy Ghost, he know It fell on the day of Pentecost.** He knows where he's at; he can trace his generations plumb back--his genealogies to the first beginning of it. Peter had It; on down through the nation, and races, they've had It on down. **A good pedigreed Christian knows where it comes from.**

ISAIAH 26:3

3 Thou wilt keep him in **perfect peace**, whose mind is stayed on thee: because he trusteth in thee.

ISAIAH 53:5

5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement **of our peace** was upon him; and with his stripes we are healed.

JOHN 14:27

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

JOHN 16:33

33 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.

ROMANS 5:1

1 ¶ Therefore being justified by faith, **we have peace with God** through our Lord Jesus Christ:

COLOSSIANS 1:20

20 And, **having made peace** through the blood of his cross, by him to reconcile all things unto himself; by him, I say, whether they be things in earth, or things in heaven.

ROMANS 8:6

6 For to be carnally minded is death; **but to be spiritually minded is life and peace.**

ROMANS 14:17

17 For the kingdom of God is not meat and drink; but righteousness, and **peace**, and joy in the Holy Ghost.

II CORINTHIANS 13:11

11 ¶ Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, **live in peace**; and the God of love and peace shall be with you.

PHILIPPIANS 4:7

7 **And the peace of God**, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

COLOSSIANS 3:15

15 And **let** the peace of God ***RULE** in your hearts, to the which also ye are called in one body; and be ye thankful.

RULE: GREEK LEXICON -- STRONG'S NUMBER 1018

brabeuo {brab-yoo'-o}

to be an umpire, to decide, determine, to direct, control,

II THESSALONIANS 3:16

16 ¶ Now the Lord of peace himself give you peace always by all means. The Lord be with you all.

JAMES 3:18

18 And the fruit of righteousness is **sown in peace** of them **that make peace.**