

Key to Stress Control

Sermon #0815

Study by W. D. Frazee—April 11, 1981

The matter of stress control is not dependent on the amount of stress, but on the amount of the power to deal with it. A little stress can be fatal if there is nothing to deal with it. A large amount of stress can be met if there is strength to deal with it.

God is developing a people who will go through the greatest period of stress that the world has ever seen. Daniel foretold it in the twelfth chapter of his book:

"And at that time shall Michael stand up, the great prince which standeth for the children and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time Thy people shall be delivered, every one that shall be found written in the book" Daniel 12:1.

The great purpose of the three-fold message in Revelation 14 is to develop a people who can deal with stress. So it is written:

"Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus" Revelation 14:12.

They are patient. They do not wilt. They do not faint. They do not fail. They have the faith of Jesus.

God tells us His program to get us ready:

"Wherefore He saith, When He ascended up on high, He led captivity captive, and gave gifts unto men. And He gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive" Ephesians 4:8, 11-14.

God has a program to get His people ready so they won't be carried about with every wind of doctrine. The program to resist stress is a program of receiving the gifts of God.

"But unto every one of us is given grace according to the measure of the gift of Christ" Ephesians 4:7.

God has gifts for you and me. He wants us to have them. In the Bible God has given us a revelation of His will, which if we study and accept and believe and receive it, it will keep us from all the stresses around us. But to be of any value to us, that Book must be of unquestionable authority.

I have a dollar bill. In fact, I have a five dollar bill. Here is a twenty dollar bill. I am a rich man. Suppose I give this twenty dollar bill to Brother Wilson. He is a rich man now.

But suppose someone looks at that and says, Brother Wilson, I think what Brother Frazee gave you is a counterfeit.

Now how rich is Brother Wilson? What would you give him for it if it is counterfeit? Nothing. It is either all or nothing. It is either genuine or counterfeit. It is either true or false. And that is the way with every message claiming to come from God. It is either all to be depended upon, or rejected as a counterfeit.

It would be too bad to counterfeit a note of the United States Government. But that is child's play compared with the crime of pretending to have a message from God.

When Moses came down from Mount Sinai he said he had met with God up there in the mount. When Daniel wrote his book he said he saw visions of God. He saw the angels of God. He saw the Son of God. And what he wrote down was what they told him to write. When John wrote the book of Revelation we find him telling again and again of his interviews with Jesus and with Jesus' angel, Gabriel.

Now those men who wrote the Bible either told the truth, or they were base liars. There is no neutral ground. It is the gifts that God has put in His church to make us able to meet stresses. When we read the promises of God, whether we read them in Genesis, the Psalms, Daniel, Zechariah, or Peter, what are we reading? If God is speaking in this Bible we are reading the word of the living God. And it has in it power to meet any stress.

Think of this promise:

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness" Isaiah 41:10.

If all I get out of that is the way Isaiah saw it, it is awful to offer it to a poor, sinking soul. But if what Isaiah wrote is the word of the living God, then that Word is still powerful and full of help for every sinking soul.

Then the power to meet stress depends on whether or not I find this Word to be what it claims to be—the Word of God. And the greater the crisis the more important it is. The greater the stress the greater must be the power to deal with it. And into the crisis in which we are now entering, oh, that God may help us to have all the power of the living Word.

Let's notice these gifts. He gave some apostles. Peter, John, James, Matthew, and others. He gave prophets. From Genesis to Revelation He gave these wonderful gifts of prophecies. Moses, Samuel, David, Isaiah, Jeremiah, Ezekiel, Daniel, Hosea, and all the rest. The New Testament prophets—Peter, Paul, John, James, Jude—all wrote by inspiration. The apostle Peter tells us:

"For the prophecy came not in old time by the will of man:
but holy men of God spake as they were moved by the
Holy Ghost" Peter 1:21.

Is that true or false? It is one or the other. I am not a prophet, but I can read the words of a prophet and preach the words of a prophet. And when I bring the words of a prophet I am bringing what men were moved upon by the Holy Ghost. I believe that, therefore I can meet stress. If I didn't believe it, I would be confused and terror stricken as I view conditions in the world today.

Jesus foretold our time.

"And there shall be signs in the sun, and in the moon, and
in the stars; and upon the earth distress of nations, with
perplexity; the sea and the waves roaring; Men's hearts
failing them for fear, and for looking after those things
which are coming on the earth: for the powers of heaven
shall be shaken" Luke 21:25,26.

But God's people are not terror stricken. Jesus says:

"And when these things begin to come to pass, then look
up, and lift up your heads; for your redemption draweth
nigh" Luke 21:28.

The very things that are filling men's hearts with fear are the tokens of our deliverance. Why? Because we believe the Bible. It is that simple.

I can't read your hearts. I don't know the stresses of your experiences. People in medical work have many stresses to deal with, whether they are physicians or nurses. Dealing with the problems of men brings many stressful situations. But God intends that every one of His medical missionaries shall be able to meet with stress because he is anchored in the Book, and know the promises and believes them, and finds them true in his own experience. So with parents in the

home and teachers in the school, and all of us in the various experiences of life. This is the most stress ridden generation of the ages. But out of it God is developing a group of people who can meet winds of hurricane force and it won't move them. Why? Because they are anchored in the Word of God.

Let's notice a practical point. The Bible, which was written by men who were filled with the Holy Ghost, tells us that in the last days God will have a church particularly designated, and the remnant who will not only keep the commandments of God, but will have the gift of prophecy.

"And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ" Revelation 12:17.

The dragon this verse tells about is Satan. He is wroth. Sometimes he roars. Sometimes he is like a wolf in sheep's clothing. Whichever he is, he is trying to devour the flock. He is trying to destroy the church.

What is the testimony of Jesus? The Spirit of prophecy. Is it? What is the Spirit of prophecy then? The testimony of Jesus. Was it the Spirit of Christ that spoke through Isaiah and Daniel? Was it the Spirit of Christ that spoke through Peter and Paul? Yes. So the whole Bible is the testimony of Jesus. But in these latter days that testimony of Jesus is to speak again, because this talks about the remnant of her seed. The remnant is the last act in the drama.

I am so glad that God has seen fit to put in His Book this wonderful promise. And notice that these gifts are to keep the people of God from being tossed about and driven by every wind of doctrine. Why does it keep them? Because they believe it one hundred percent.

I ask again, suppose this twenty dollar bill is a counterfeit. How much is it worth? It is not worth a penny. And the manifestations of the gift of prophecy in this movement are either the testimony of Jesus, or they are a base counterfeit. How shall we know?

"Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits" Matthew 7:15-16.

How do we know if a prophet is true or false? By their fruit. What is the fruit? It is the result that happens in the lives of those who accept that prophet's writings. People who accept the Word of God, and follow it, bear good fruit.

What about the people who accept the modern manifestations of the gift of prophecy? Does it bear good fruit or bad fruit? Do you know? Have you accepted it in your life? What kind of fruit do you find? Does it build confidence in the Bible, or does it build a lack of confidence in the Bible? Does it build confidence and loyalty to the law of God, or disobedience and disloyalty?

What about the health program that God has given us through this gift of prophecy. Is it good fruit or bad fruit? Has it done anything for you? Can you testify that you have found in the writing of Ellen White a way of life in health lines that has done great things for you physically?

But far more important than any physical health, or successful way of life, is what this gift has done in leading people to Jesus, and giving them a deep, sweet, settled peace.

Someone says, I know someone who reads the *Testimonies* all the time, but it doesn't make them happy.

Yes, I meet some people like that too. I have seen some people who read the Bible, and it doesn't make them happy. But I am not going to toss my Bible away because everyone doesn't find happiness in it. Would you? No.

I have know people who got sick eating food. But I am not going to quit. Are you? No. Whenever anybody gets sick eating food, it is because they need help in proper selection, or for some other reason. The answer is not to quite eating food.

So it is the Bible and the Spirit of Prophecy. Let me assure you that there is an answer to every man and woman's problems in this matter. I read:

"Satan has the ability to suggest doubts and to devise objections to the pointed testimony that God sends, and many think it is a virtue, a mark of intelligence in them, to be unbelieving and to question and quibble. Those who desire to doubt will have plenty of room" *Testimonies for the Church*, Vol. 5, page 675.

If I want to doubt, will God let me doubt? Don't you wish He would make everybody admit it? He won't make everybody admit it any more than He will make everybody do it. I am so glad God left my will free. I can choose. And that choice relates not merely to my actions, but to my beliefs. God will not force my muscles, neither will He compel my mind.

"God does not propose to remove all occasion for unbelief. He gives evidence, which must be carefully investigated with a humble mind and a teachable spirit, and all should decide from the weight of evidence" *Ibid*.

God gives sufficient evidence. But he who turns from the weight of evidence because there are few things which he cannot make plain to his understanding will be left in the chilling atmosphere of unbelief, and make shipwreck of faith. Isn't that too bad?

Do you understand everything in the Bible? Do you believe it, or do you just believe the part you understand? Ah, I thank the Lord that I believe the whole Bible from Genesis to Revelation. I need it all.

"Man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live"
Deuteronomy 8:3.

I believe His Word. And I find that as I keep studying it through the years it gets sweeter and better and richer to my soul. I am planning to take a million years course in Hebrews under Paul. I would like a million years with Isaiah. I would like to spend a long time with Daniel. And there is enough in here to keep me busy all through those years. There will be plenty of time. It won't run out. But I believe it all tonight because it is the word of the living God.

Do you find any problems in the writings of the Spirit of Prophecy? I do. I could give a list of them. But the same problems that are in the writing of the Spirit of Prophecy are in the Bible. Exactly the same. Show me one problem about the writings of Ellen G. White and I will produce a similar one in the Bible. That doesn't mean that I question either one. It means that I believe both because I hear Jesus speaking.

Someone says, Haven't there been evidence that some things have been copied?

Yes. Did you know there were some things in the Bible that were copied? If you compare Kings and Chronicles you will find out that one copied from the other. If you read Matthew, Mark, and Luke you will find verse after verse that is either exactly the same, or almost the same.

Does the Holy Spirit confine Himself? No. The Holy Spirit is perfectly willing for the prophet to use truth wherever found. The important thing is not whether the prophet that wrote it down originated it. The important thing is whether it is truth that originated with Jesus.

A few days ago I got this precious comment from my dear friend, Elder W. C. White. He is sleeping now, but he wrote this in 1933. You will enjoy this. It is a statement he made regarding the writings of Ellen White. Speaking of His mother:

"In her early experience when she was sorely distressed over the difficulty of putting into human language the revelations of truth that had been imparted to her, she was reminded of the fact that all wisdom and knowledge comes from God, and she was assured that God would bestow grace and guidance. She was told that in the reading of religious books and journals she would find precious gems of truth expressed in acceptable language, and that she would be given help from heaven to recognize these, and to separate them from the rubbish of error with which they were sometimes associated." [reference not available]

Praise the Lord for the gift of inspiration. Inspiration isn't a matter of God dictating by the Holy Spirit the words as an executive dictates to a secretary. In the

Bible we see the prophets given visions. They are then left aided by the Holy Spirit to pick out the words that they used to describe these things. God has used many different agencies to communicate His word. The angels have had a part. The Holy Spirit has had a part. The important thing is that the final production is called the testimony of Jesus.

Do you not see that when I read the beautiful promises to the sick in *Ministry of Healing* it makes a world to me whether I am listening to the testimony of Jesus or merely reading the ideas of some human being. I have tested and proven to myself that this is the voice of Jesus to my soul. Therefore I find peace and help and comfort and assurance in those writings. And I commend to you the wonderful Bible which is exalted through the writings of the Spirit of Prophecy, and I commend the writings of the Spirit of Prophecy to which the Bible calls.

Someone may say, But Brother Frazee, isn't the Bible enough?

Yes, the Bible is enough. In fact we will get closer than that. The ten commandments is enough. The Bible teaches that the ten commandments is enough.

"Let us hear the conclusion of the whole matter: Fear God, and keep His commandments: for this is the whole duty of man" Ecclesiastes 12:13.

The Bible from Genesis to Revelation is an expansion of the law. And in the writings of the Spirit of Prophecy we have a magnifying glass on the Bible.

So thank God for all the help He has given us.

Suppose I get out in the woods and I am lost. I don't know where I am. I am off the trail. Along comes one of these guides and hears me thrashing around.

He says, Brother Frazee, it looks like to me you are lost.

I say, Yes, I think I am.

The guide says, I can get you back on the trail if you will follow me.

I say, Well, look here. If I stayed on the trail I wouldn't need you. And I think I can get along without you now.

Would you consider that wisdom? No, you wouldn't. If God in His mercy has given us the gift to get us back on track, let's rejoice in it, for it leads to the Bible, Christ, and obedience to the law. And remember, the fruit of it is to make ready a people prepared for the Lord.

Does anyone have a check in your pocket? What is that check? It says, Pay to the order of John Jones fifty dollars, signed by H. T. Smith. If the bank is good, and if the signature is good, and the man has that money in the bank, how much is

that check worth? Fifty dollars. But it doesn't do the man that holds it a penny of good until he cashes it. He has to put his name on the back of the check.

Suppose he would say, I don't think my name is good enough. I am going to put the president's name. Will that do? Can he get money that way? Not a penny. He has to put his own name.

Every promise in the Bible and the Spirit of Prophecy is a beautiful check signed by Jesus, and your name is there. Will you accept it as your own? Will you thank God for it as your own? Will you claim it as your own?

In prayer many people keep asking. Do you know what that is like? It is like going to the bank cashier and say, Will you give me fifty dollars? Please give me fifty dollars. Oh, I hope you will give me fifty. If you can't give me fifty, at least give me ten.

Will that get it? No. The bank cashier wants the check. But it isn't enough that the check is made out to you. It isn't enough that it says fifty dollars. It isn't enough that it is signed. It must be countersigned by you in order for you to get the money.

Start taking the promises of God in the Bible and the Spirit of Prophecy, and accept them as your own. Prove them. Jesus says:

"Prove Me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it" Malachi 3:10.

Whatever you need get a promise, a check. Bring your check to the bank of heaven and believe that God will do all He has promised to do.

Shall we send Jesus the word that we want that experience?

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