



Skip the Stress - 1

Note: It's a good idea to read just *one* of these in a day. And make sure you go to the hyperlink in my message to you. It's the most important part. :-)

Hi,

I'm so glad you asked to receive this series. It's very easy for believers to eventually feel that they must be the perfect Christian. Pray more, read the Bible more, sin less, be more diligent, more devoted.

And soon, your relationship with God can feel more like a lot of pressure.

This is NOT how God wants us to live. This series is to help you see God's love, his kindness, and how to rely on him.

For this very first one, please see this article:

<https://www.startingwithgod.com/struggles/expect.html>

Enjoy!

Marilyn Adamson

director of EveryStudent.com and StartingwithGod.com

Skip the Stress - 2

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.

Steve Pogue has written an article where he 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: <https://www.startingwithgod.com/new-life/spirit-filled.html>

If you'd like to email me personally, you can:
MarilynAdamson@EveryStudent.com.

Or you can ask a question here and someone will personally reply to you (not a bot). <https://www.everystudent.com/question.html>

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marilynadamson@everystudent.com

Skip the Stress - 3

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.

<https://www.startingwithgod.com/struggles/changes.html>

If you have any questions, please email us here, and someone will personally reply to you: <https://www.everystudent.com/question.html>

Marilyn Adamson

director of EveryStudent.com and StartingwithGod.com

Skip the Stress - 4

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:

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

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

Marilyn Adamson

director of EveryStudent.com and StartingwithGod.com

Skip the Stress - 5

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.

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

If you have any questions, please email us here:

<https://www.everystudent.com/question.html>

Marilyn Adamson

director of EveryStudent.com and StartingwithGod.com

Skip the Stress - 6

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:

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

If for some reason the video doesn't play for you, the script is on the page. Hope you enjoy it!

Sincerely,

Marilyn Adamson

Skip the Stress - 7

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:

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

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

Marilyn

director of EveryStudent.com and StartingwithGod.com

Skip the Stress - 8

I hope you've been finding this series, "Skip the Stress" helpful. We have the joy of growing to know God better, trust him more, and he produces changes in our lives.

To help you know God more intimately, I would love for you to join me in a free study through the Gospel of John that I put together. It will help you know Jesus better, and learn how to study Scripture on your own.

I realized as I was writing it, that anyone could go through it - even those who might not yet have a relationship with Jesus. So, feel free to pass it along to others.

It won't be a full study of the Gospel of John - not every sentence or even every chapter. But ones that I think would be most helpful for you to know right now.

<https://www.everystudent.com/knowningGod.html>

Perhaps you've already received it. It's also offered on our other site, referred to as the Gospel of John, and this link:

<https://www.startingwithgod.com/gospel-of-john.html>

And if you've never tried it, I hope you do!

thanks,

Marilyn Adamson

director of EveryStudent.com and StartingwithGod.com

Skip the Stress - 9

Thanks again for signing up for series "Skip the Stress." I wanted to let you know about a few other series I wrote, before we end. All free, of course.

1. How to Talk about God - a variety of ways to help nonbelievers know Jesus. You can reach hundreds, maybe thousands of people!

<https://www.startingwithgod.com/talk-about-god.html>

2. Conversations God Starts - this one shows you real conversations I've had with people yet to know God. It will illustrate simple, natural ways to talk with an individual. You'll find, with this approach, that God is the one who arranges these conversations.

<https://www.startingwithgod.com/conversations.html>

3. The Findables - this is your invitation to join a community of believers who want to help make Jesus "findable" to millions of others.

<https://www.startingwithgod.com/findables.html>

This one is available by email only. I try to write the Findables every two weeks. There are over 6,000 Findables now from all over the world - more than 130 countries.

I try to do four things with The Findables:

- encourage their faith,
- share more personal aspects of my life and ways I've trusted God,
- share reports of what God is doing through EveryStudent.com and the Findables
- suggest ways that we could literally reach thousands or millions of others.

So glad to be able to offer these to you!

Marilyn Adamson

director of EveryStudent.com and StartingwithGod.com