

Adversity and Stress

1. Adversity is the outside pressure of life. Stress is the inside pressure of the soul.
2. Adversity is what circumstances do to you. Stress is what you do to yourself.
3. Adversity is inevitable. Stress is optional.
4. Stress in the soul destroys the spiritual life of the believer in the Lord Jesus Christ.
 - a) Stress produces self-fragmentation and Christian degeneracy.
 - b) Stress results in inner tensions that cause disassociation, mental disorders, and personality dysfunction.
 - c) Unchecked and perpetuated stress eventually results in psychosis in the believer.
5. Conversion of *gnosis* into *epignosis* — metabolized biblical truth through full perception – prevents the conversion of the outside pressure of adversity into the inner pressure of stress.
6. The utilization of *epignosis* truth results in the creation of problem-solving devices.

Principles:

1. There is a definite negative relationship between stress and cognition.
2. Stress impairs your memory and makes you forgetful.
3. Stress, therefore, impairs the ability to learn.
4. Stress adversely affects one's perception of reality.
5. When stress is removed, cognitive ability is restored.
6. If a person remains in a chronic state of stress, eventually all of their cognitive ability will be destroyed, and they will enter into a psychotic state.
 - a) When the rate of learning exceeds the rate of forgetting, truth is established in the soul.
 - b) When the rate of forgetting exceeds the rate of learning, eventually truth is erased.
 - c) When the rate of forgetting exceeds the rate of learning, then the outside pressure of adversity is converted into the inside pressure of stress in the soul.