

Jesus Sweat Redeemed Us from Stress

November 11, 2015

Redemption from Stress

- It started in the Garden of Eden and Jesus ended in the Garden of Gethsemane

At the Garden of Eden

Genesis 3:19

New King James Version (NKJV)

¹⁹ **In the sweat of your face you shall eat bread**

Till you return to the ground,

For out of it you were taken;

For dust you *are*,

And to dust you shall return.”

At the Garden of Gethsemane

Luke 22:44

New King James Version (NKJV)

⁴⁴ And being in agony, He prayed more earnestly. Then **His sweat became like great drops of blood** falling down to the ground.

- Capillaries bursts and resulting in sweating of Blood : It happens during high stress

Sweat-less Ministry

- God wants every ministry to Him to be Sweat-less

Stress-less Ministry Pictured in Old Testament

Ezekiel 44:18

New King James Version (NKJV)

¹⁸ They shall have linen turbans on their heads and linen trousers on their bodies;
they shall not clothe themselves with *anything that causes sweat*.