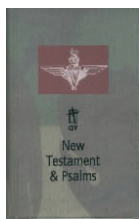
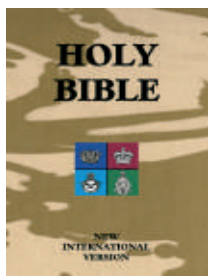


Combat the stress



You were offered a New Testament when you joined, or perhaps you asked the padre for a full Bible:



If you did not take it or you no longer have it, you can always get another one from Naval, Military & Air Force Bible Society; see our address at the end of this booklet.

In the Bible, God tells us how much he loves and cares for us and gives us help in times of danger, difficulty, fear and stress.

**God is our mighty fortress,
always ready to help
in times of trouble.**

Psalm 46:1

On operations, away from home, days are long and work is hard.

It gets dangerous, your nerves get shredded and there's not enough sleep. Mates get hurt, you get angry, afraid and worried about the others. You may feel guilty, even a failure.

You're not. You did your best, but you blame yourself anyway.

Days flood into one another but it doesn't stop. You want to go home.

All will be OK when you get there and relax. But when you do your mind won't let you. It keeps you awake, flashing back to the action. Does anyone care what you've been through? Your close friends and family at home do but they have difficulty understanding. It's not their fault; they weren't there.

but God was...

**In times of loneliness far from
home and family,**

The Lord has promised that he will
not leave us or desert us.

Hebrews 13:5





I always look to you,
because you rescue me
from every trap.
I am lonely and troubled.
Show that you care
and have pity on me.
My awful worries keep growing.
Rescue me from sadness.

Psalm 25:15-17

In times of danger, seek God's protection and live under it.

Then you will say to the Lord,
“You are my fortress,
my place of safety;
you are my God
and I trust you.”

You won't need to worry
about dangers at night
or arrows during the day.
And you won't fear diseases
that strike in the dark
or sudden disaster at midday.

You will not be harmed,
though thousands fall all around you.
And with your own eyes you will see
the punishment of the wicked.
The Lord Most High is your fortress.
Run to him for safety,
and no terrible disasters
will strike you or your home.

God will command his angels
to protect you wherever you go.



The Lord says,
“If you love me
and truly know who I am,
I will rescue you and keep you safe.
When you are in trouble,
call out to me.
I will answer and be there
to protect and honour you.
You will live a long life
and see my saving power.” Psalm 91

Continual pressure can lead to anxiety and stress. Experiences on operations can make us jumpy, alert to potential threats. We may become angry and irritable. High levels of emotion impair our judgment. Yet being determined to get through challenging times makes us wiser and stronger for the future.

Jesus invites us not to worry. He knows about our problems and cares deeply for us. He said,

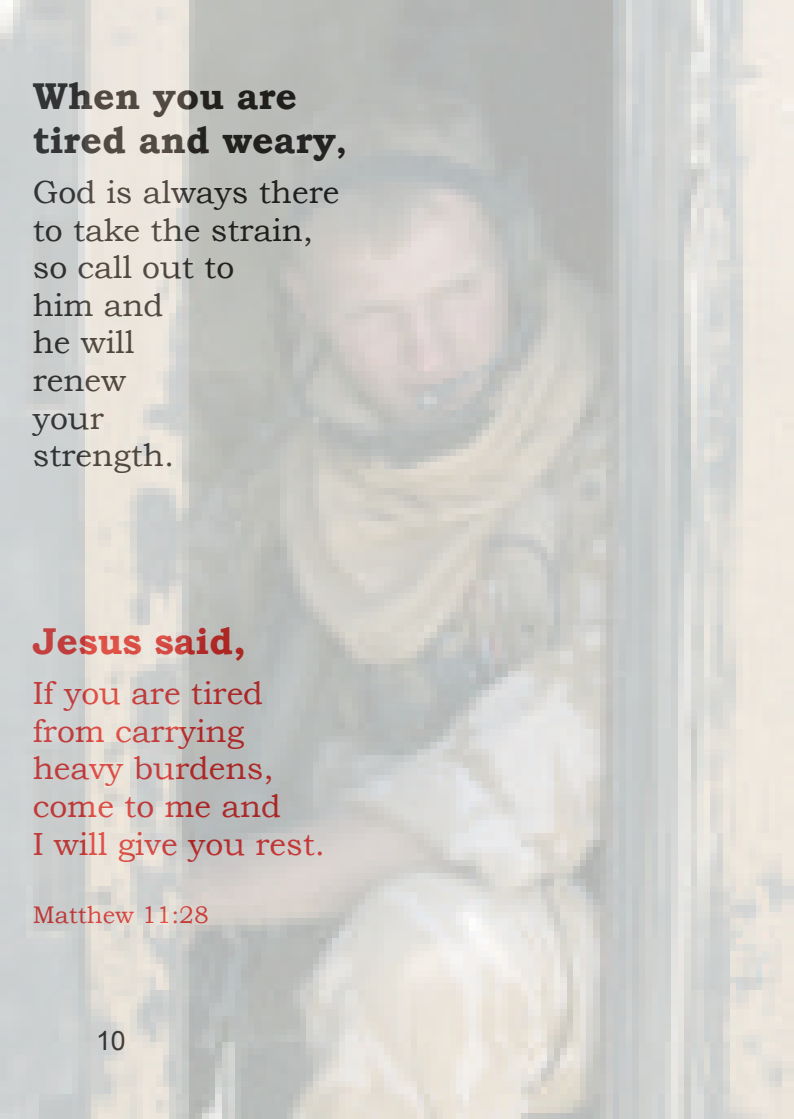
I tell you not to worry about your life. Can worry make you live longer? But more than anything else, put God's work first and do what he wants. Then the other things will be yours as well. Don't worry about tomorrow. It will take care of itself. You have enough to worry about today.

Matthew 6:25, 27, 33-34

God cares for you, so turn all
your worries over to him.

1 Peter 5:7



A woman wearing a yellow headscarf is shown in a close-up, resting her head on her hand. She has a weary expression, with her eyes closed or looking down. The background is a soft, out-of-focus indoor setting.

**When you are
tired and weary,**

God is always there
to take the strain,
so call out to
him and
he will
renew
your
strength.

Jesus said,

If you are tired
from carrying
heavy burdens,
come to me and
I will give you rest.

Matthew 11:28

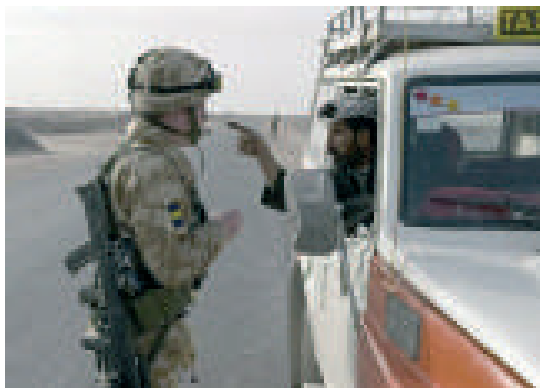


The Lord gives strength
to those who are weary.
Even young people get tired,
then stumble and fall.
But those who trust the Lord
will find new strength.
They will be strong like eagles
soaring upward on wings;
they will walk and run
without getting tired.

Isaiah 40:29-31

Anger and fear are useful emotions.

In the right place and at the right time they may help us to survive. But our emotions are not always positive. Anger like fear can be very destructive. It can ruin relationships and make us say and do things we later regret.



The Bible warns us against anger.

Stop being bitter and angry with others.

Ephesians 4:31

A person with a quick temper stirs up arguments and commits lots of sins.

Proverbs 29:22

God has promised that he will help us overcome both anger and fear if we do our best to have a positive attitude and trust in him.



When I pray, Lord God,
my enemies will retreat,
because I know for certain
that you are with me.
I praise your promises!
I trust you and am not afraid.
No one can harm me.

Psalm 56:9-11

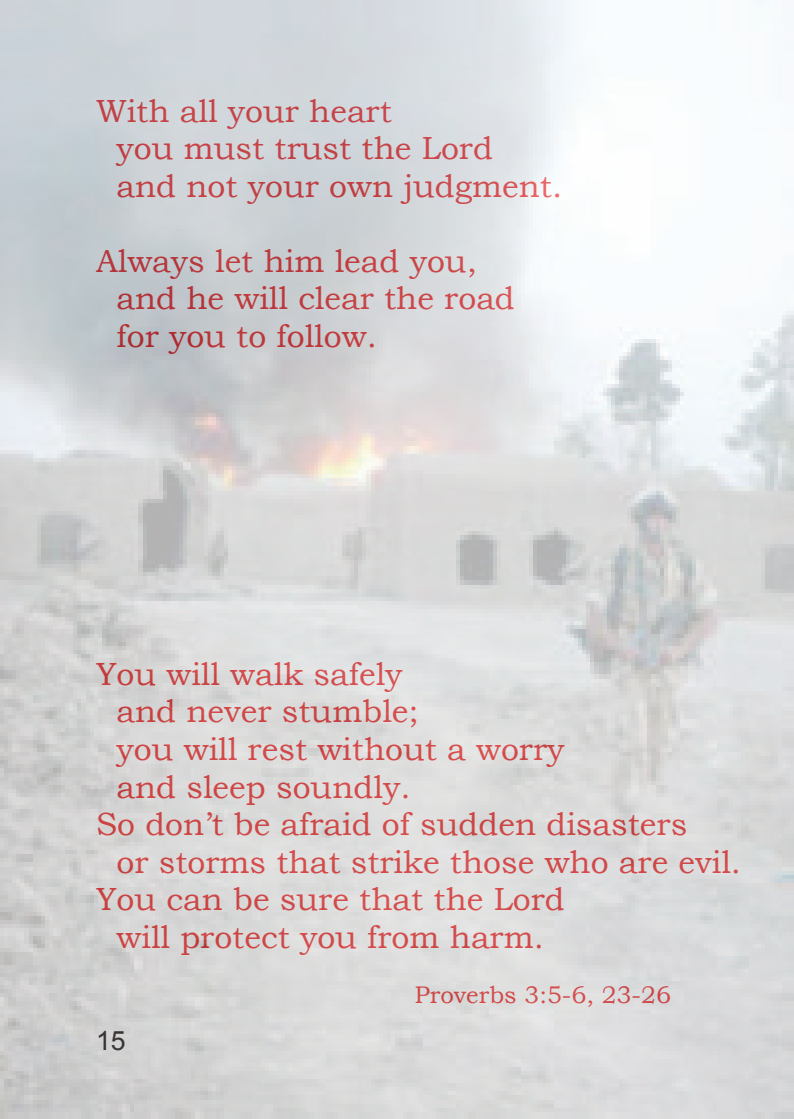
You may feel guilty,

or even a failure because you think you might have let someone down. You didn't, but that doesn't stop you feeling bad about yourself.

The Bible tells of many people whom God used mightily yet they considered themselves failures or not up to the job. Gideon, a formidable warrior, who, with just 300 men, defeated an army of tens of thousands, suffered from low self esteem. (Judges 6)

Elijah, a great prophet, confidently stood on Mount Carmel calling down fire from heaven. Yet the next moment he ran away and hid in the desert, where he sat down under a tree and prayed for death, full of self-pity and discouragement. (1 Kings 18 & 19)

They were just stressed out human beings like us, and God set them back on their feet again.



With all your heart
you must trust the Lord
and not your own judgment.

Always let him lead you,
and he will clear the road
for you to follow.

You will walk safely
and never stumble;
you will rest without a worry
and sleep soundly.
So don't be afraid of sudden disasters
or storms that strike those who are evil.
You can be sure that the Lord
will protect you from harm.

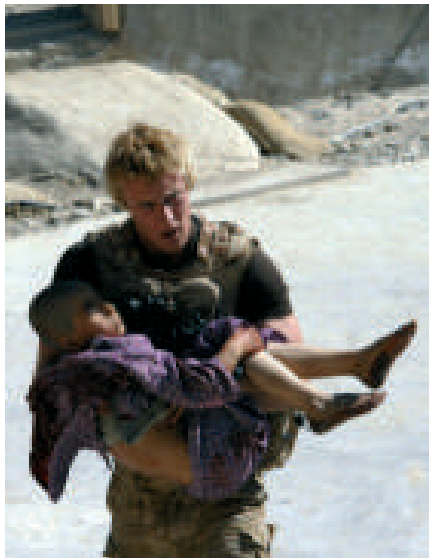
Proverbs 3:5-6, 23-26

Wherever you go you find injustice.

Life isn't fair. It never was. About 2,700 years ago, Isaiah wrote:

Injustice is everywhere;
justice seems far away.
Truth is chased out of court;
honesty is shoved aside.

Isaiah 59:14



**God's Son, Jesus, was a
victim of injustice,
but he died for us all.**

He was hated and rejected;
his life was filled with sorrow
and terrible suffering.
No one wanted to look at him.
We despised him and said,
“He is a nobody!”

He suffered and endured
great pain for us,
but we thought his suffering
was punishment from God.
He was wounded and crushed
because of our sins;
by taking our punishment,
he made us completely well.

He was condemned to death
without a fair trial.
Who could have imagined
what would happen to him?

Isaiah 53:3-5, 8

The sacrifice of the one who really cared.

Life in the armed forces brings us face to face with the reality of death so that others might survive. Your loved ones care about what you have been through and so does Jesus. He gave us the supreme example of self-sacrifice, two thousand years ago on a hill outside Jerusalem, where they crucified him.

When the soldiers came to the place called “The Skull”, they nailed Jesus to a cross.

Jesus said, “Father, forgive these people! They don’t know what they’re doing.”

While the crowd stood there watching Jesus, the soldiers gambled for his clothes. The leaders insulted him by saying, “He saved others. Now he should save himself.”

Jesus shouted, “Father, I put myself in your hands!” Then he died.

Luke 23:33, 34-35, 46

A Roman army officer was standing in front of Jesus. When the officer saw how Jesus died, he said, "This man really was the Son of God!" Mark 15:39

Jesus was crucified, not because he was a criminal - he had never committed even a single sin. Rather, the Son of God was giving his life for all of our sins. In his last moments as life ebbed away, only one of his disciples, Mary, his mother, and some other women were there. The rest of his followers had run away. By laying down his life, Jesus defeated death because three days later he was alive again, risen from the dead.

Sin and death were conquered forever so that anyone who believes what he has done and follows him will also rise to eternal life.

Jesus gave his life for us because he cared, and he will never leave us.

None of us measures up to God's standards.

We all have our weaknesses and problems which we cannot solve alone. Jesus can solve them.

He accepts us just as we are and wants us to be his friends.

God loved the people of this world so much that he gave his only Son, so that everyone who has faith in him will have eternal life and never really die.

John 3:16

God treats everyone alike. He accepts people only because they have faith in Jesus Christ. All of us have sinned and fallen short of God's glory. But God treats us much better than we deserve, and because of Christ Jesus, he freely accepts us and sets us free from our sins.

Romans 3:22-24



**If we ask God he will help us
to live the way he wants.**

People become jealous, angry, and selfish. They not only argue and cause trouble, but they are envious.

God's Spirit makes us loving, happy, peaceful, patient, kind, good, faithful, gentle and self-controlled.

Galatians 5:20 & 22

Its good to be home but you miss your unit's close friendship. After the intensity of operations, home life can, for a while, seem bland. But it was just as hard for your loved ones who had to adapt to your being away. The key to successfully rebuilding your relationships is to take things slowly.

Always be gentle with others. Don't worry about anything, but pray about everything. Then because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel.

Philippians 4:5-7

It is natural to take a little while to settle back to normal life when you return from operational deployment. Talk to the Chaplain if you need help.

God is with you, wherever you are, on operations or at home.

The Bible is God's word. It has much more to say about how we can find peace and salvation with God through his Son, Jesus Christ.

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Naval Military & Air Force Bible Society

Castaway House
311 Twyford Avenue
Portsmouth PO2 8RN
United Kingdom
www.nmafbs.org

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