Subject: Alarmism!

Dear Saints

Whenever the human body gets exposed to stress, it responds by secreting adrenalin - the well-known hormone which is responsible for the so-called "fight-or-flight"-response. When the person does not fight or flee, but continues to live in a state of stress - you have a problem.

Adrenalin is a rather reactive chemical, and when body cells get exposed to small quantities of this substance for long time periods, this hormone (similar to an acid effect) eats through the cell membranes - causing "holes" in the membranes. The nett result is that normal cellular osmosis (the "filtering" of substances by the porous cell membrane as they pass through into or from the cell interior) cannot occur. Cells gain and lose substances in a rather uncontrolled way.

Quite often, this situation leads to what is known as "Yuppie Flu" - a medical and mental condition - seemingly incurable - where the person continually feels lethargic and utterly drained from all energy.

The remedy?

Healthy eating habits with vitamin and mineral supplements to restore cell membranes - as well as drastic reduction of stress levels.

Health lesson?

No.

Here's the application:

Under normal circumstances, adrenalin helps you to survive in extreme situations. You can think clearer, you see better, you can run faster and jump higher.

But when your alarmed state continues for too long (and falsely so - e.g. stress at work), is has exactly the opposite effect: You become lethargic and without energy.

This is what "Crying wolf" does.

According to Wikipedia:

Cry wolf is an expression that means "raise a false alarm", derived from the fable *The Boy Who Cried Wolf*.

Also, Wikipedia says of the word "Alarmism":

Alarmism is excessive or exaggerated alarm about a real or imagined threat.

Some Christian webpages make a "ministry" out of alarmism and crying wolf.

In order to ensure contiuous reader hits, they jump onto whatever even remotely smells of a threat against the Bible, Christendom, Israel or Christian values, and sensationalize it.

Yesterday we had to rally Christians against this, today we are rallying Christians against that, and tomorrow we'll rally them against the other.

More often than not, a blind man can sense with his cane the religious, political or racist agenda of the web author.

Once on this roll, the author has to continue conjuring up Christian crises - else he would lose his readership.

In turn, good, Christian subscribers to these websites distribute these sensationalized versions of real or imagined threats far and wide on email - thereby flooding and desensitizing the very real army of pray-ers and intercessors who take these things seriously and deal with them in prayer and intercession.

The nett result?

Christians become over-burdened, desensitized, lethargic and without energy. Exactly the opposite of what you wanted.

This is a (Trumpet!) call towards a deeper sense of spiritual discernment and responsibility among the Body of Christ.

Please stop plaguing the Body with every new hoo-haa from American "Stop-the-New-World-Order" websites. Or South African right-wing "Swart Gevaar"-websites. Or European "Muslim Threat" websites. Or medical "They're-eating-you-from-the-inside" websites. Or whatever.

I'm NOT saying the Body shouldn't be warned against real threats. I'm NOT saying pray-ers shouldn't be alerted.

What I AM saying, is that we should warn and alert with a greater sense of responsibility and discernment tomorrow than we've done it yesterday. And please check the facts before you hit the "Send" button on your browser.

In fact, if anyone would distribute hardly credible sensationalism - oozing religious, political or racist agendas - it speaks volumes about his gullibility, integrity and sanctification.

The remedy?

Healthy living in the Spirit with Bible and prayer supplements to restore faith, integrity and sanctification - as well as drastic reduction of fear levels!

Hello Faith!

Bye-bye wolf and alarmism!

Be blessed!

Eben Swart

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