

Dear NU Family,

In a recent conversation with a friend, I learned that they are overwhelmed and stressed about life. Many things are causing these high levels of stress for my friend, and school work is only a small part of it. However, since I am in the midst of my doctoral studies, I can certainly relate to that stressor!

I have been learning that stress has a huge impact on us as humans. Research shows that our physical well-being is tied to how stressed we are. On the one hand, happiness, optimism, and contentment reduce the risk of heart disease, diabetes, hypertension, colds, and upper respiratory infections, whereas on the other hand, depression, negativity, and anxiety can increase symptoms in those areas. Personally, I have also found that when things are heavy and unresolved in my heart, I do not sleep well. This causes me to be tired and less capable of dealing with the things that are causing me stress, leading to more stress. It becomes a vicious cycle.

Something that always helps me when I feel stressed is *identifying the cause(s) of my tension*. Then, *I think about what I can change*. Often, I find that I am able to better organize my life in such a way that the areas I identified become less stressful.

Are you stressed?

The apostle Paul said, "Don't let the sun go down on your wrath" (Ephesians 4:26). Perhaps it would also be good to not let the sun go down on your *worry*. Before you go to bed, give yourself permission to let go of what you cannot change.

Paul also said, "Forget the past and press on toward the goal". (Philippians 3:12-14). Our minds are challenging thing to control. Overcoming hurt, worry, pressure, or negative thoughts and memories takes work! But it is work that you can do. As you soak in Scripture, prayer, and the Holy Spirit, allow God's truth and positive, encouraging thoughts to become the things you meditate on.

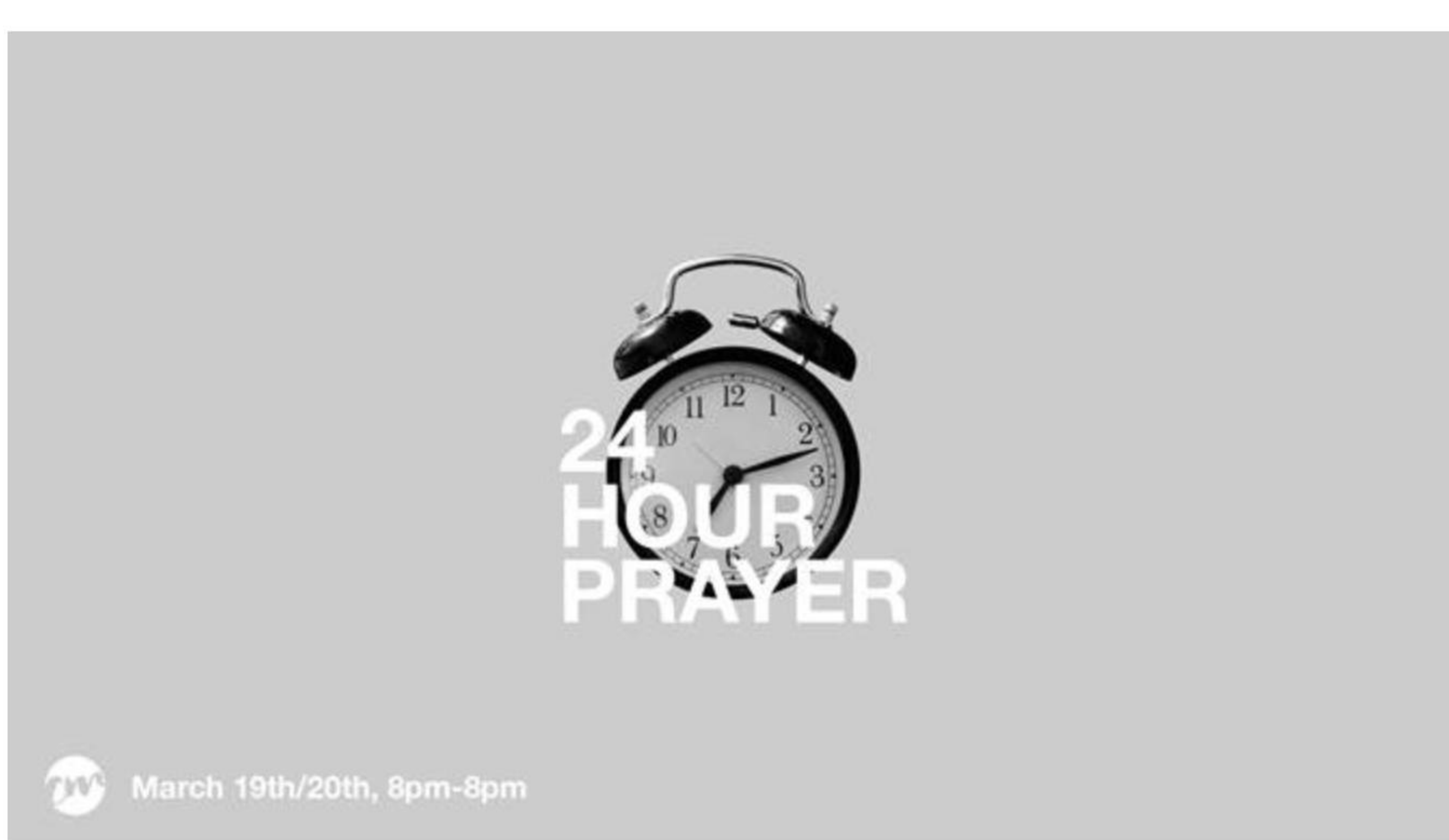
God has a plan and a purpose for you, friends. Hold on to that hope and don't let it go!

This is my prayer for you this week:

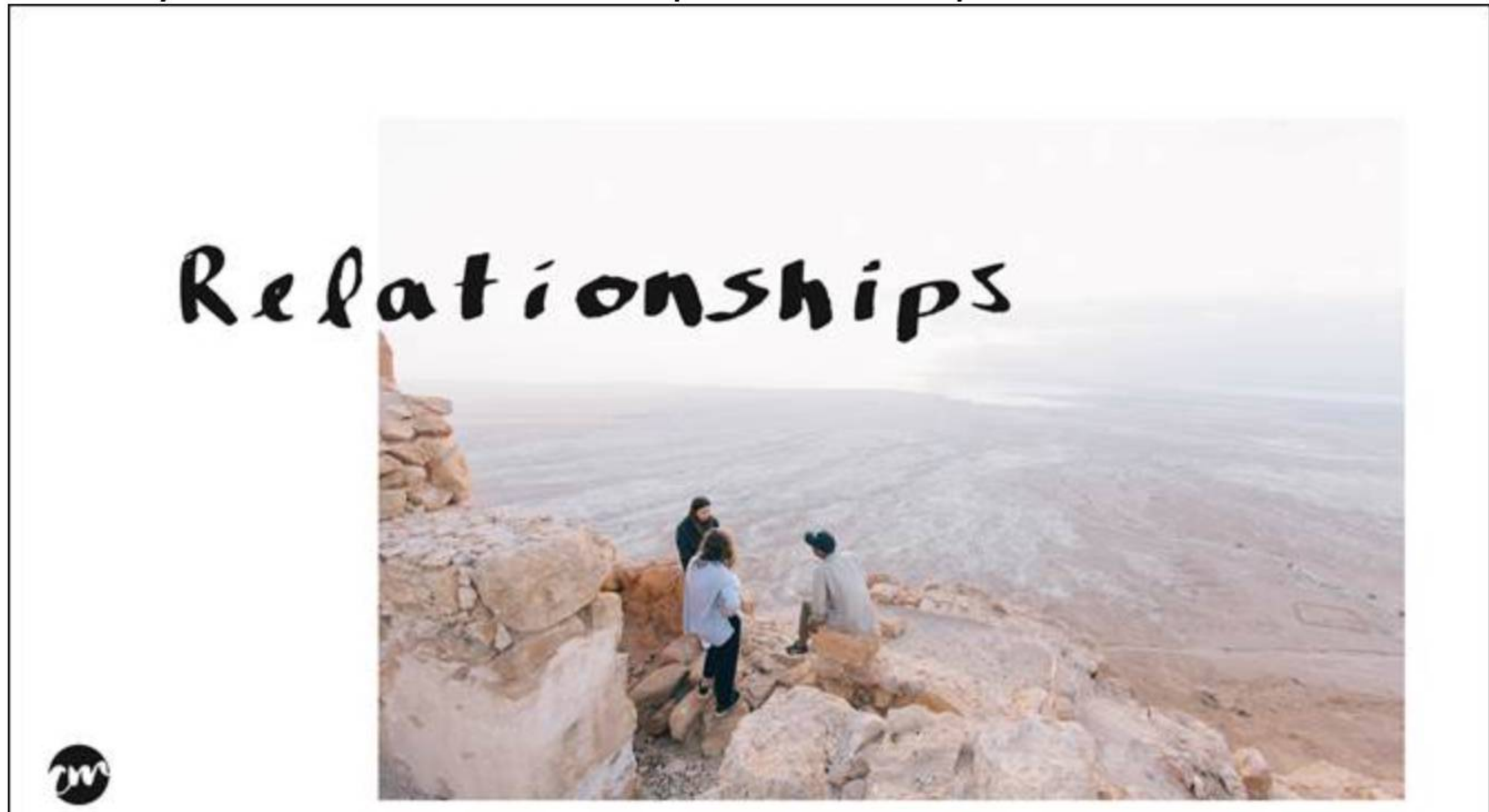
*"The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace."* (Numbers 6:24-26, NIV)

#### COMING UP THIS WEEK

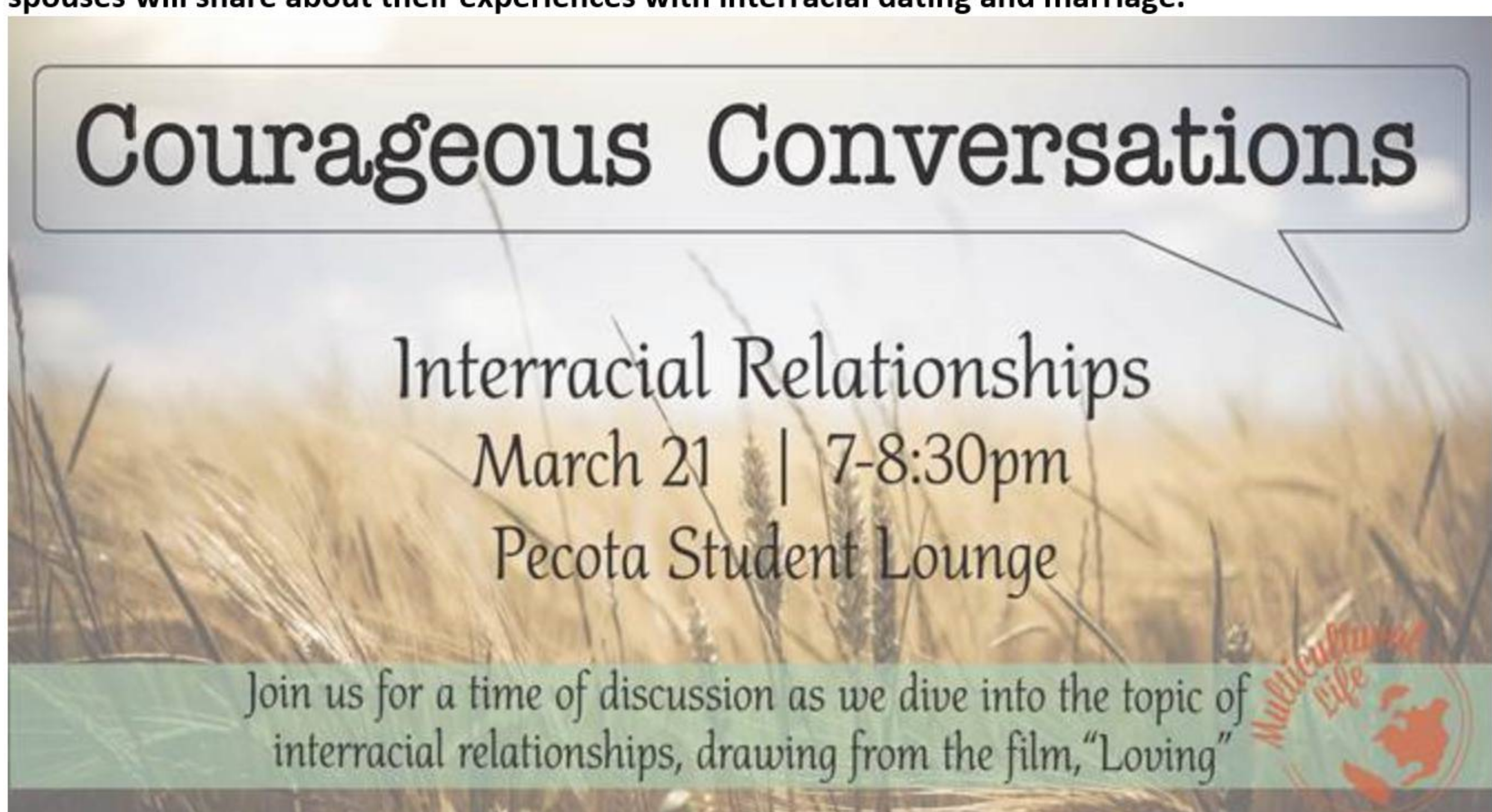
**Sun, March 19-Mon, March 20** | 24-Hour Prayer | Butterfield Chapel, 8:30pm-8:30pm  
**Mon, March 20** | Chapel: Leanne Konzelman | Butterfield Chapel Balcony, 10 & 11:20am  
**Mon, March 20** | Pursuit: PNW Worship Leaders | Butterfield Chapel, 8:30pm  
**Tues, March 21** | Courageous Conversations: Interracial Relationships\* | Pecota Student Lounge, 7pm **\*Spiritual Life Credit Offered**  
**Wed, March 22** | Chapel: Dr. Renee Bourdeaux | Butterfield Chapel, 10 & 11:20am  
**Thurs, March 23** | Faith in Humanities Conference: Doing Justice, Loving Mercy\* | HSC 104, 3-9pm **\*Spiritual Life Credit Offered**  
**Fri, March 24** | Chapel: Relationships Panel with Phil & Brenda Rasmussen, Christian Dawson, and Kendra Phillips | Butterfield Chapel, 10 & 11:20am  
**Please note that Chic Chat and FellaShip have been moved to Sunday, April 9!**



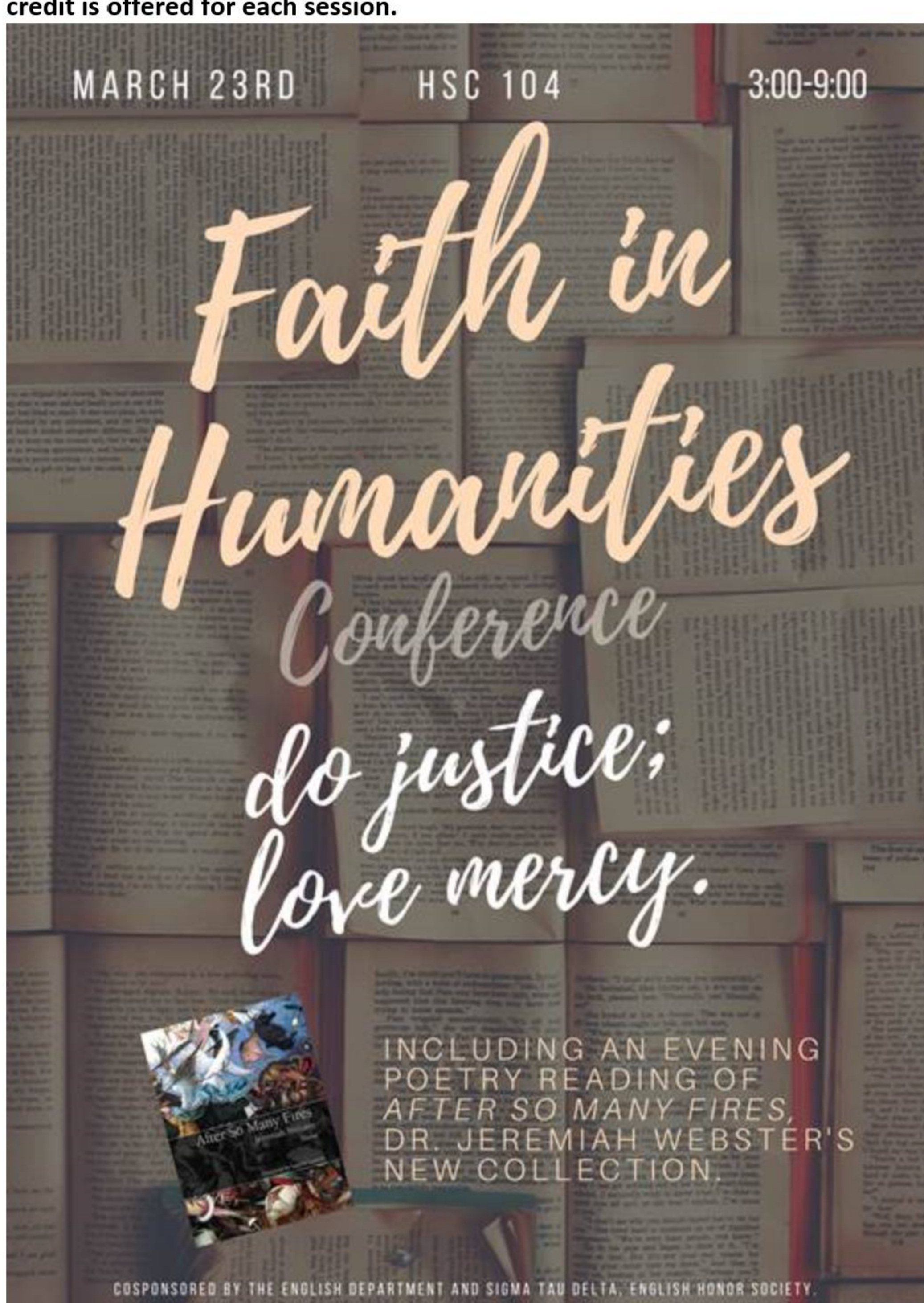
This week in chapel, Leanne Konzelman, Dr. Renee Bourdeaux, and a panel of four staff and faculty members will share on various aspects of relationships.



Join us at Courageous Conversations, where two NU professors, an NU student, and their spouses will share about their experiences with interracial dating and marriage.



The Faith in Humanities Conference is this Thursday! Sessions begin hourly; Spiritual Life credit is offered for each session.



In Jesus, our gentle Shepherd,

**Phil Rasmussen, M.A.**  
Vice President for Ministry and Relations  
425.889.5308 (office)  
206.909.9488 (mobile)

[Phil.Rasmussen@Northwestu.edu](mailto:Phil.Rasmussen@Northwestu.edu) | [northwestu.edu](http://northwestu.edu)  
Instagram @prasmussen

