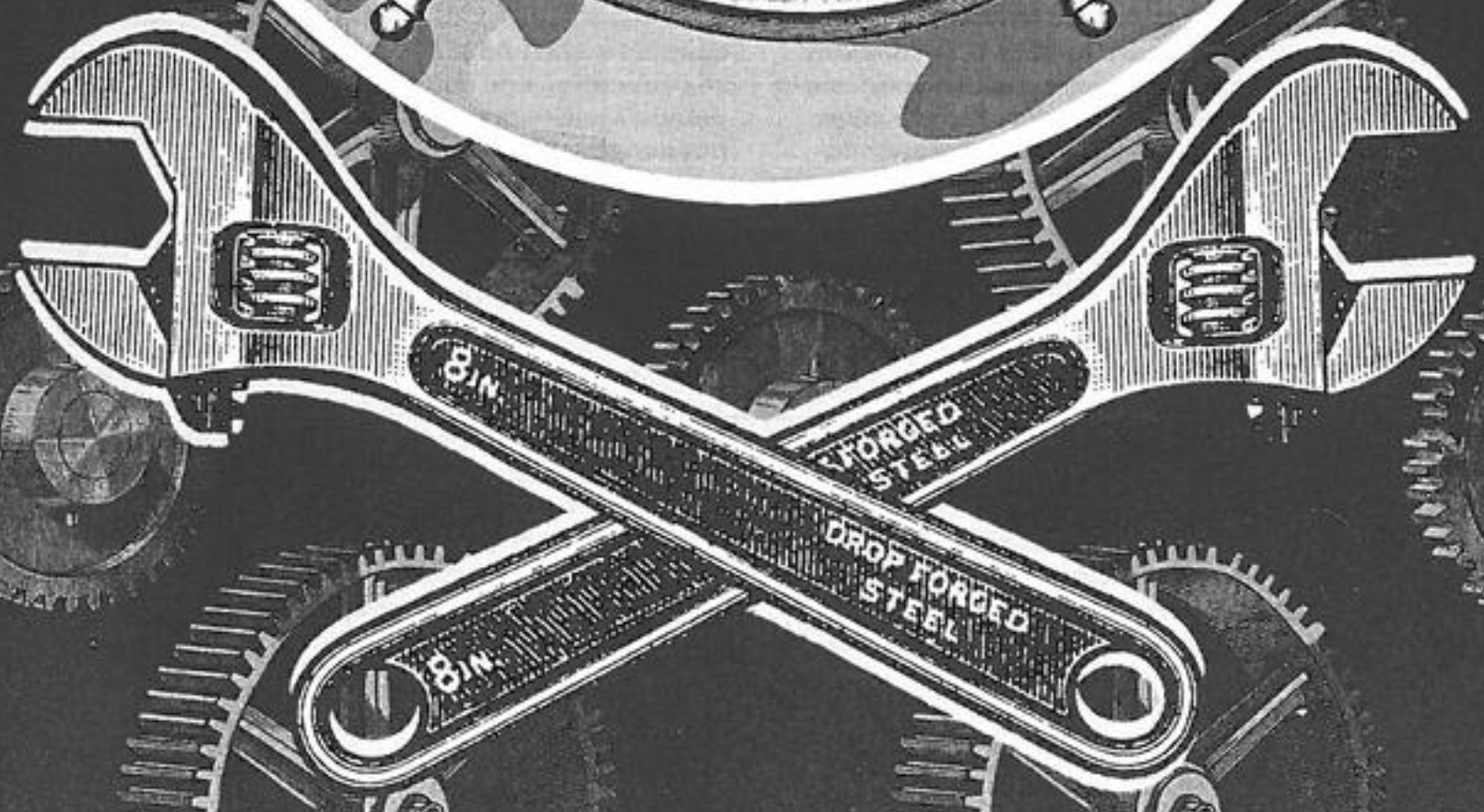
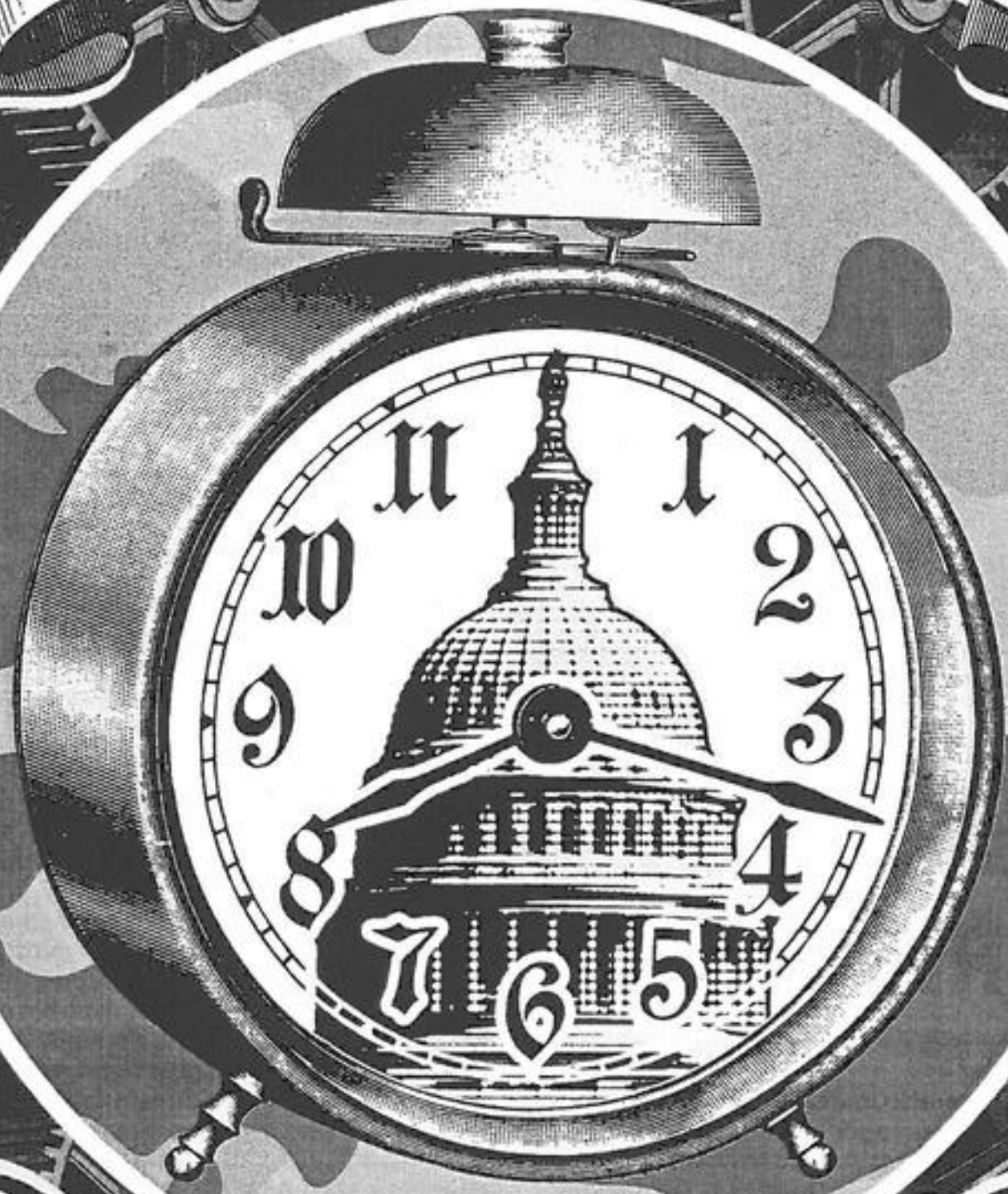
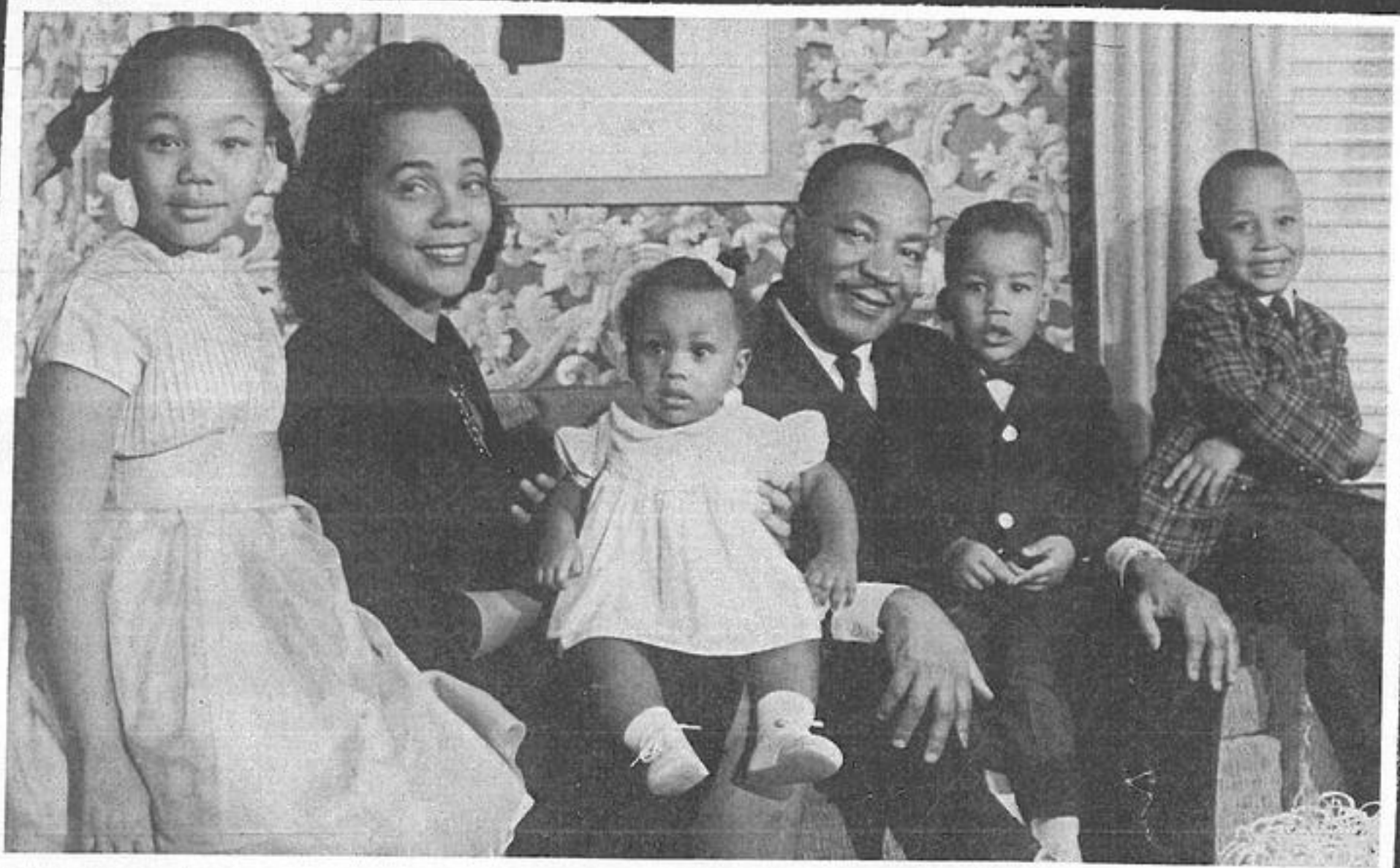


# TIME TO FIX IT

ECCLESIASTES 3<sup>RD</sup> CHAPTER



# *The Royal Family*



LOVE NEVER LOSES  
ITS WAY HOME.



ODO NNYEW FIE KWAN



# AN ATLAS OF FEAR

Fear sets your body in motion, readying you to deal with a threat. But the long-term effects of anxiety and stress can cause serious harm

BY SABA BERTIE

## EYES

Fight-or-flight hormones like norepinephrine dilate your pupils to improve vision.

## HEART

Your heart pumps faster, increasing blood pressure to accelerate the delivery of oxygen. Prolonged high blood pressure increases your risk of heart attack or stroke.

## LUNGS

Your breathing rate increases as your lungs take in more oxygen. Long-term stress responses exacerbate asthma, and hyperventilation can trigger a panic attack.

## SKIN

Sweat glands start working to cool the body down. But long-term stress can suppress wound healing, making the body prone to infection.

## HORMONES

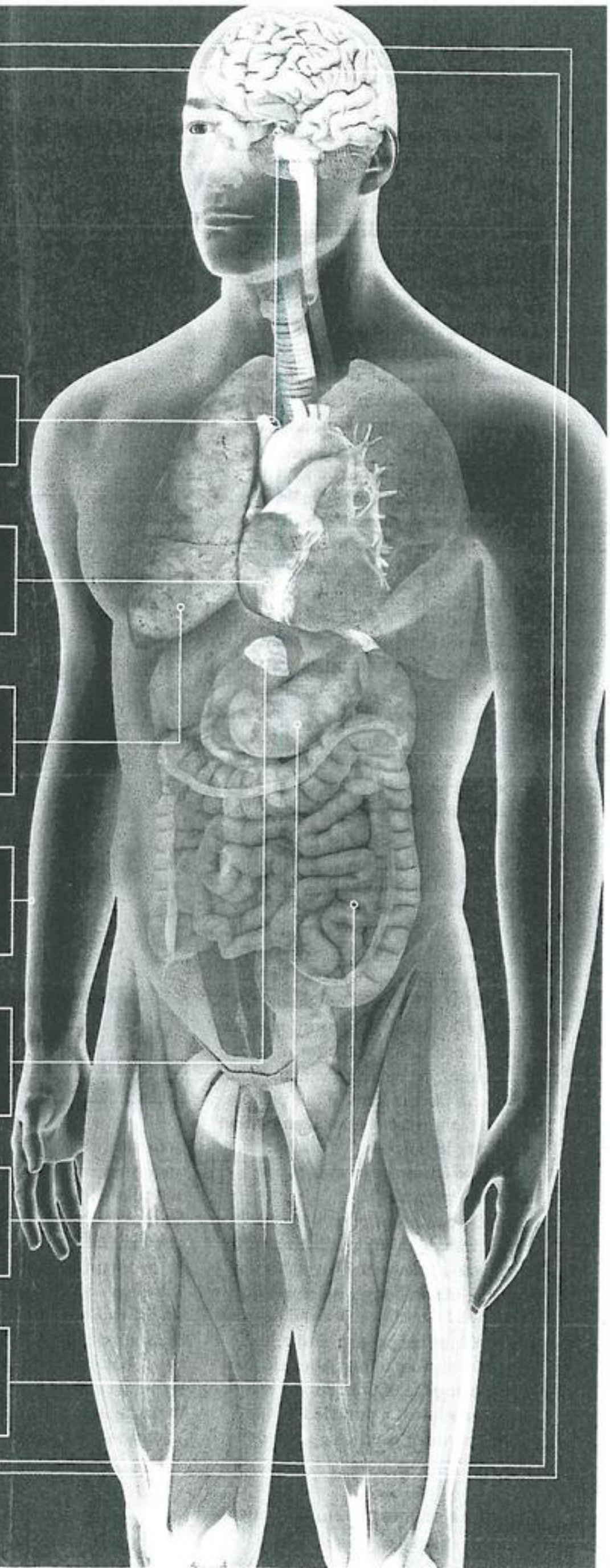
The adrenal glands secrete cortisol, a stress hormone. Too much cortisol corrodes bones and muscles and weakens the immune system, diminishing an immune response.

## STOMACH

The stomach stops digesting so the body can divert energy elsewhere. Slow digestion may result in an increase in stomach acid, causing nausea or inflaming an ulcer.

## INTESTINES

During a stress response, blood is shunted away from the intestines. Continually suppressed digestion can trigger irritable bowel syndrome.



PERFECT  
LOVE  
CASTS  
OUT  
ALL  
FEAR!



THE PROOF AND  
EVIDENCE

JOHN  
13:35

BY THIS SHALL ALL MEN  
KNOW THAT YOU ARE MY DISCIPLES,  
THAT YOU HAVE "LOVE" FOR  
ONE ANOTHER.

