

that we learn how ~~the~~ to handle stress properly. I would like to mention three principles at this point in connection with the handling of stress.

First is do necessary preparation in advance. If a person has properly prepared through the years. If he has done his lessons regularly if he has kept up if he has reviewed from time to time, there should not be particularly great stress at examination period. There is bound to be some but it is very important to avoid being overcome with stress, to prepare regularly to keep up to not let things pile up on us. As you go out into the ministry I think this is tremendously important. There is many a young minister who finds that he can get together a few ideas on a Sat. night and can come into the pulpit and give a talk that is very acceptable, and he makes a very good impression and gets along excellently that way for a brief time. But before long it catches up with him.

I remember that Francis Schaeffer about two years after he was graduated from seminary, I went to visit him in the little church in Western Penna. where he was and he told me that at that time he always wrote his sermons on Monday for the next week. He said he very carefully prepared them on Monday and then he said each day during the week he went into the church and practiced over both sermons. And then he said Sunday morning early he came into the church and he practiced over his evening sermon and then the morning sermon. Then when church time came of course he gave his morning sermon and then in the afternoon he went in again and practiced his evening sermon. Now I don't think he kept up that procedure more than a couple of years. But I believe that in the practice of doing it he prepared himself to be a far more effective speaker and preacher than he could possibly have been otherwise. It is good to prepare sermons way in advance; to have general ideas and do the small part of the preparation as the time draws near. It is very bad to live from hand to mouth.

When I was in college I had a course in psychology from a Prof. who was very much attached to a particular book. He wanted us to study this book very very carefully. It was a book that I think ~~the~~ today would be considered old fashioned, but at that time I got many ideas out of it that I thought were very valuable. I think I put four