

How You Can Have God's Promised 'Abundant Life' Even Under Stress

Stress is insidious. It is relentless. It can drag us down to the point that we feel powerless and defeated. At the root of stress is the evil one whose goal is to destroy us, yet Jesus tells us He came to give us abundant life. He came to give us power over the things that try to destroy us.

It becomes overwhelming when trying to solve all of our problems at work, in our marriage and with our kids and our friends, considering our inadequacies and faults. However, there is hope for managing stress before it manages us.

We can manage how we respond to the stressors in our lives. In little time, we can take back power over our minds and emotions by submitting them to God. We have freely given into stressors of all kinds, and when we do this, we give them power over our lives.

For more on how the Holy Spirit will help you manage stress, read the rest of the article [here](#) and listen to *Sweet Grace for Your Journey* on the Charisma Podcast Network. {eoa}

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