

In the Midst of Shaking, Use These Tools to Stand on God's Promises

After a year full of challenges, you may feel like the rug has been pulled out from underneath your feet.

Many are struggling with depression, anxiety and insecurity, and the answer is within your reach with a few simple steps that are both spiritual and practical.

It's time to stand on the promises of God over your life like never before and get a firm footing to move ahead.

Today, take a few minutes to remember and act upon the promises of God.

No. 1: Lay hold of God's promises by remembering what God has said.

Joshua 1:9 is a great place to begin: "...Be strong and courageous. Do not be afraid or dismayed, for the Lord your God is with you wherever you go."

Print out this verse or another one that encourages you and keep it in view—on the fridge, in the car, in your office.

No. 2: Pray the verse to the Lord in a conversational way throughout your day.

You might say something like this: "Lord Thank you for helping me to find courage today. You are with me!"

Notice as you pray that despair is replaced with courage, faith and hope.

No. 3: Make your plans to move ahead with your job, your goals and your priorities for the next 30 days.

List your action steps and get moving.

One of my favorite verses is Daniel 11:32, where we are reminded to know God, “be strong and take action.”

By moving ahead with even the smallest of goals, you will be doing exactly what this verse is talking about. The action part is critical because all dreams and plans without action make your heart feel sick (see Prov. 13:2). The accomplishment of a goal to implement your plans, make a difference or help someone will actually encourage your spirit and help you get moving in a hopeful direction.

Hope is contagious, and you’ll begin to reinforce positive patterns in your life that help you get out of the doldrums and into a fruitful way of living and working. You have the privilege of architecting your life no matter what circumstances you face. Nothing is too difficult for God to help you rise above or plow through.

God is paying attention to us and perhaps sends us a tangible reminder at a time the world needs hope.

We were reminded of God’s power as we observed the reappearing of the Star of Bethlehem on Dec. 21, 2020—a reminder to the world of His great love for us in this time as the planets align in a rare celestial dance—more than 730 million kilometers apart but closer to each other than at any time in almost 400 years.

For more on this Spirit-filled topic, listen to *The Linda Fields Show* on the Charisma Podcast Network. {eoa}