

The No. 1 Stress Reliever

Stress is a modern-day epidemic. Every one of us deals with a certain level of stress; however, God never intended for us to live our entire lives stressed out.

Proverbs 12:25a (NIV) says, “Anxiety weighs down the heart.” Stress and worry have an impact on every area of our lives—they affect us mentally, emotionally and physically. They have also been proven to cause problems like muscle tension, headaches, increased heart rate and a list of other potential issues.

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But there’s good news: God has given us His No. 1 natural stress reliever—*trust*. Proverbs 3:5 (AMPC) is one of my favorite Scriptures. It says, “Lean on, trust in, *and* be confident in the Lord with all your heart *and* mind and do not rely on your own insight *or* understanding.”

The choice is ours. We can “rely on our own insight and understanding”—endlessly thinking about our problems, trying to figure everything out ourselves. Or we can choose a trusting attitude that says:

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“God, I’m not sure what to do about my situation, but I know I can’t fix it on my own. If there is something specific You want me to do, please show me. Meanwhile, I’m going to trust You and enjoy my life while You work on my problems.”

Worry is the opposite of faith and trust, and it’s caused by not trusting God to take care of the various situations in our

lives. Too often we rely on our own abilities, believing that we can take care of our own problems. However, we eventually learn, one way or another, that trying to take care of everything ourselves is too challenging.

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