

When You're Stressed, Do This

Are you frustrated, weary and overwhelmed trying to control SOMEONE or SOMETHING? Are you doubtful, disappointed and unable to take it anymore?

Introducing the "Foolproof Formula to Creating Positive Change!"

Are you ready for this?

"Stop it and Pray!"

In two short and simple steps you can relieve your stress, cast your burdens on the Lord and wait for Him to help you and take care of all your needs.

"Stop it and Pray" allows you to live out *Proverbs 3:5-6*, *"Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."*

When we attempt to be in control, we needlessly exhaust our physical, mental and emotional energy. We try to make things happen our way because we believe we know best. Unfortunately, we are sometimes wrong, unable to see the beginning from the end, and not as wise as God.

It takes less effort on our part to pray and allow God and His infinite wisdom and power to do His work in our lives. And ... with Him, we are GUARANTEED results! But we must trust God in all things and activate our faith. *"Living by faith, not by sight"* (2 Corinthians 5:7).

We activate our faith by spending time with God in prayer and reading God's Word. Standing steadfast in prayer and mediating on the Word of God supernaturally increases our faith. "Consequently, faith comes from hearing the message, and the message is heard through the word about Christ" (Romans

10:17).

Every day we have a choice to follow what we naturally see or what we spiritually know and believe. It's time to walk in God's divine plan and purpose for our lives; embracing the positive winds of change that comes with trusting God.

There is no need that Jesus can't meet; He is the one who washed the disciple's feet. He came to serve, heal the sick and blind; He forgives our sins, cleanses our hearts and renews our minds! His name is Jesus; He is my everything! He is my Savior, Healer, Prince of Peace and the King of Kings!

If I am sick, He is my Healer. ... If I am in debt, He can prosper me. ... If I am weak, He is my Strength. ... If I am confused, He is my Counselor. ... If I am addicted, He is my Freedom. ... When I sin, He is Forgiveness!

No one ever said trusting Jesus was easy; but it is worth it.

"Without faith it's impossible to please God" (Hebrews 11:6).

Consider all Jesus has done for you and brought you through. Consider how much He cares for you and loves you. It's time to activate your faith and live out what you know! "With God all things are possible!" (Matthew 19:26).

Brooke Lynn is the author of Raised by Strangers available on Amazon and Barnes & Noble. She is a writer and a speaker who passionately lives – reaching others with God's Word and love. She is a survivor of abuse, sharing her past pain and recovery to encourage others with hope. Brooke resides in the Washington D.C. area, has been married for nineteen years, has two children and loves dogs.