

Spiritual Tools for Those 911 Situations

In moments when life seems to have taken a wrong turn; you hear that a loved one has tested positive for COVID-19, the doctor says the dreaded words, "You have cancer," your marriage is falling apart or you've lost your job, where do you turn? When fear and anxiety seems to be taking over your mind or you find yourself in the heat of demonic warfare or when you hear on the news of raging wildfires and unusual weather patterns, about coups and war in other nations; having to navigate living in a nation where there is racial insensitivity and many are unhinged, and civility is a thing of the past, how are you managing the stressors of life?

Everyone (even the strongest amongst us) needs an anchor. Everyone at some point in their lives need something or someone that can hold them steady and help them navigate through the rugged terrain of life. It's sad to say but many professing Christians are reaching for alcohol, drugs (painkillers) and sexual dalliances for immediate gratification and feel-good moments to mask their pain, disappointments and unhappiness with life's frustrating moments. God is a very present help in our times of trouble and in His infinite wisdom, He has given us tools outlined in the Word of God to live winning lives. In moments that matter the most, when emergency situations arise and you need immediate assistance, there are power tools at your disposal: Tool of Praise, Tool of Prayer, Tool of Pause and Pivot, Tool of Worship, Tool of Fellowship, Tool of God's Word and Tool of an Emotional Plan. These are tools that will help you to stand and better manage your life in your go-through season for the win.

Spiritual tools are meant to keep you grounded. It's your favorite Scripture, quote or song that gives you peace in

moments of stress. It's the ability to find moments of gratitude, to fall to your knees and worship God in the midst of chaos, and where a fierce faith and determination arises in the heat of battle. It's moments of quiet contemplation and intimate prayer with God that draws you closer to Him. It's confidence in knowing that "There is power in the intentional use of the tools in my arsenal."

God cares about you and yes, He hears your prayers and cries for help but you must be ready to follow the instructions given to you to survive ... to do the necessary things that you are required to do to insure your victory. So, at this moment, right where you are – breathe. Inhale deep. Exhale. Remember two things: 1. God is a God of the encore. If He has ever brought you through anything before ... He will do it again. 2. How you respond to a matter will determine the outcome, so use the spiritual tools at your disposal. The end results will be you winning at life.

To hear more about the spiritual tools of praise, prayer, pause & pivot, worship, fellowship, God's Word and emotional plan, listen to the weekly podcast series on 180° with Pastor Tracy on , , Apple podcast, I-tunes or wherever you listen to podcasts. {eoa}

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