

August 2008—Stress Relief

Stress! My life would be so much simpler if I could eliminate it completely. Stress is **tension within** created when we perceive that our needs or desires are not going to be met. Although it varies according to each of our personalities and situations there are certain catalysts for stress: fatigue, both physically and emotionally; pride and an independence “I can do it” attitude; time restraints and expectations, whether ones we place on ourselves or ones placed on us by other people.

On a Sunday morning in Montana while working at the cabin, I was getting breakfast for everyone, and I didn't have time to take a shower or fix my hair before leaving for church. Questions were being asked that I needed to answer; things needed to be done that I needed to do. Although some of the circumstances were out of my control, my response was not. Frustrated I thought; why not skip Sunday school? After all, Bill wasn't teaching. The Holy Spirit rebuked me; NO--you do the right thing whether you feel like it or not! We did go, and the pastor was teaching on a series called Thriving in Times of Stress.

Managing stress begins with understanding our strengths and weaknesses and knowing what Scripture teaches about the nature of God. I do not handle chaos very well; yet God has allowed circumstances into my life which cause chaos. Not to punish me, but to give me opportunities to grow more like His Son, Jesus Christ. God is the only one who can give us stability and peace. *Psalm 139:23, 24* “Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.”

Are there things we can do to help eliminate stress in our lives? We can get the rest we need, delegate responsibility, stop procrastinating, and place our expectations on God for He is the only one who can meet them.

Hebrews 12:2 “. . .let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith . . .”.

May God keep you in perfect peace as you focus on Him.

—Terri

P.S. Sharing with another lady can be helpful as we face daily challenges. Whether you want to share an idea, or you simply need a listening ear, please feel free to contact me via phone 616-799-0391 or email tjenkin@hotmail.com at any time.