

## Pastor's Weekly Devotional- March 13<sup>th</sup>

With all that's happening around us, the world is filled with stress, apprehensions, worries, anxieties, disquiet concerns, aggravations, tension, strains, hassles, irritation and trauma.

There are physical, psychological and behavioral signs of stress. Look at this list:

PHYSICAL SIGNS	PSYCHOLOGICAL SIGNS	BEHAVIORAL SIGNS
headaches	anxiety	over reacting
high blood pressure	irritability	withdrawal
muscle aches	rage	isolation
indigestion	depression	argumentative
fatigue	hypersensitivity	avoiding responsibility
Insomnia	forgetfulness	impatience
	racing thoughts	poor job performance
	feeling of hopelessness, etc.	

Let's face it. So many things can cause stress: So, before stress causes you to explode, know that there are ways to cool down, calm down and cope.

- Rest in God. Jesus said: "Let not your hearts be troubled." (John 14:10) Pray, meditate, read the Bible. Listen to soft calm music.
- Live in the Moment. Unclutter your life and schedule. Say "no" to certain tasks and avoid over-extending yourself.
- Take a break – TODAY! Set aside some time each day just for you! Take a walk. Look at the sky. Enjoy a Ogden Dune sunny day whenever...
- Try These Three Practical Steps:
  1. Take a deep breath and count to 10 or say a brief prayer.
  2. Step back. Take a look and ask yourself what's causing you the stress or unresolved anger. Is it worth staying angry?
  3. Walk and Talk. The Bible says to think on things that are virtuous. Clear your mind from the "unvirtuous!"

In this season of Lent, we must reflect on how Jesus forgave us unconditionally! You can't live and have a successful Christian life with anger, hatred, bitterness. Jesus says that we are to forgive (whether we are right or wrong) 70 x 7 each day.

Life demands changes, whether we like them or not. We can choose to change or we have the choice to walk away totally unchanged.

So pray for the courage of acceptance. Ask God for personal Grace and Peace. You will be surprised that He will give you the grace to accept the things you cannot change.

Have a blessed week! See you in church Sunday!

Pastor Sewdin