

OVERCOME THE DAILY PRESSURES OF LIFE

From time to time, the daily pressures of Life can make us feel that we are powerless. By focusing only on our problems, it can even weaken our faith. But we are reminded by St. Paul in the Epistle to the Philippians “Be anxious for nothing.” (Phil 4:6). But how can we achieve this important goal?

We must learn to TRUST instead of TEMBLE. Be aware that anxiety prevents achievement. Focused thinking is what we need, so we may accomplish God’s plan for us. It has been said that faith and fear are opposites. While faith brings peace and salvation, fear harbors sadness and discouragement. With faith fear is driven away, placing anything within our reach.

WE must learn to FORGIVE instead of FUME. After all, anger is a roadblock to accomplishment: forgiveness is the antidote to anger. We have been instructed by our Lord to give up resentment and be kind to one another.

We must learn to RELEASE instead of RETAIN. We faithful have proof of God’s caring love for us. Christ died on the cross, so we may live in peace. We have been instructed to cast our cares and worries to Jesus so we may be free of them.

By trusting, forgiving and releasing, we turn on the power of God. Allow it to flow through you and you will find the secret to contentment. A carefree mind will be the positive results.