

Topic: Stress

“What have I gotten myself into?!” I thought to myself wearily. This semester, I’d signed up for 18 hours of classes, committed to lead a weekly Bible study for freshman girls in my sorority, volunteered to serve as an officer in four different campus organizations and my now friends were asking me why I didn’t have time to go out to movies with them tonight!

“God,” I prayed, “It’s just too much... How in the world can I get everything done and still have time to sleep? I want to be faithful to you, honor my commitments and be a good friend but I’m so stressed out I don’t know what to do! Please help me!”

It’s so easy to get overwhelmed, especially when we try to do so many of the “good things” like study hard, volunteer with worthwhile organizations, spend quality time with friends and even spend time worshiping God. We fill out plates so full that it seems impossible to take the time to enjoy each blessing, to give our best to each task.

When we get stressed out, remember that God is still there. He is patiently waiting for us to pour our frustration on Him and ask for His peace:

My presence will go with you, and I will give you rest. (Exodus 33:14)

The next time you’re overwhelmed and full of stress, do the opposite of what your anxiety demands of you: stop and take a few seconds to talk to God. He will give you the rest and the peace you need.

Today’s Words of Hope:

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:28-31)