

BREAKING THROUGH STRESS

Are you maxed out, completely stressed, or unfocused? Maybe you're bored or feel you don't know what to do next? You are probably on the verge of a major turnaround, but don't even realize it. Most people feel as though they are going to break down just before they break through.

Here are a few steps to help you break through:

1. Stop and notice your stress

Frustration, stress, and boredom are simply symptoms that we can change. Usually we don't need a major realignment, but just a few small adjustments to get us back on track to a better future and a more fulfilling life today.

Motivated to break through

Stress and feelings of being overwhelmed are great motivators to find ways to break through and change your life. Some people have a passion to do something but others have dissatisfaction because they are unhappy in their current situation. Whether you have passion or dissatisfaction, there is good news for you: you can change your life and break through by going toward your destiny and life purpose.

2. Ask yourself: What is causing my feelings of stress or boredom?

It is often that there is too much to do and not enough of you to do it. People get busy, taking on more to avoid the feelings they have in areas of their life that might feel out of control or unfulfilling. Boredom is usually the result of the lack of focus or challenge.

3. Your perspective

If any area of your life seems stressful or unsatisfying, the good news is you can change how you view your situation. Perspective is everything.

If a tough situation is overpowering you, don't give it any more power by focusing on negative thoughts. Make a decision to see things in a different light. Whatever we focus on a regular basis is what we will allow to consume us.. If you are looking at the negative part of the situation, then your life will be weighted down with feelings of negativity. In the Bible, Paul encouraged people to think better thoughts. ***“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Phil 4:8 NIV***

Breaking through even when things seem unchangeable. Sometimes things are unchangeable for the time being. For example, you don't like your boss but you can't quit your job. Here are a few breakthrough actions:

- Be thankful you have a job and begin to view your job as an opportunity to get to a new place in life or as provision.
- Ask God to show you any positive things about your negative situation.
- You can rise above your situation by encouraging people or finding simple ways to bless others.

The power of God's positive perspective and gratitude will break through the stressful, negative spiritual atmosphere in your life.

4. Higher level of activity—your destiny

Breaking through stress or boredom comes when you go toward your life's destiny. Discovering your greater purpose in life will move you from being stressed out and busy, just doing daily tasks, to going head-on into fulfilling your destiny. Some people have an idea of what they want to do in life, while others do not. Don't worry if you have not figured out your destiny yet. It will unfold as you take steps.

5. The hardest step

The hardest part of changing anything is simply getting started. Once you take some simple steps then you will develop momentum and it will become easier. Taking steps will bring breakthrough over time. Sometimes we feel powerless to change. But in reality, God has given you everything you need. As you make a decision to do something, you will soon feel better, more peaceful and successful.

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