

## GOD GIVES RELIEF

September 16, 2023

### Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Psalm 118:5-9

### Memory Verse

“When I was really hurting, I prayed to the Lord. He answered my prayer, and took my worries away. The Lord is on my side, and I am not afraid of what others can do to me.

Psalm 118:5-6



# CASEY'S DAY

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**STRESS!** This is a word you might hear a lot. It seems like everyone is stressed about something. Stress is being worried or feeling uncomfortable about something, and it can feel like a weight or heavy pressure. It isn't a good feeling!

In [Psalm 118:5](#), the psalmist tells us that he prayed and the Lord, “took my worries away.” Does this mean that God will wave a magic wand when you pray and make everything instantly easy? He doesn't promise that. However, because you belong to God and he loves you, he does promise that he is always watching over you and won't let you fall ([Psalm 121:3](#)).

What can you do about the stress in your life? Here are some things to consider:

1. Stress is a normal part of life. Everyone has stress at some point.
2. Not all stress is bad. Positive stress can motivate us (an upcoming test), create excitement (roller coaster, anyone?), or give us a shot of adrenaline (the last leg of the race).
3. Taking care of your body can help you manage stress. Eating healthy and getting enough sleep, fresh air, and exercise will help you manage some of the stress.
4. Create a plan to deal with your stressors. Ask an adult if you need help thinking things through.
5. Sometimes stress may overwhelm you. This is a time when you need to get some help. Talk to a trusted adult about what you are feeling and experiencing.
6. Remember and rely on God's promises. Be comforted that you belong to him. Tell him what worries you, and he won't let you fall ([Psalm 55:22](#)). He loves you and cares about how you are feeling!

Everyone experiences stress. Learning some tools, taking care of your body, and trusting an adult can help. Most importantly, bring your worries to God, and know that he won't let you fall.

## Prayer

God, sometimes things in my life are difficult, and I feel overwhelmed. I'm thankful for your reminder that my power and strength come from you. Thank you for your promise to help me with my worries and fears. Amen.

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*written by Lisa VanderKuip*