

## **The Devil wants to get you under pressure, but Jesus wants to be your pressure release valve.**



**Y**OUR SPIRITUAL ENEMY, the Devil, will use anything he can to come between you and Jesus, and one of his favorite tricks is to cause you to feel under pressure. He tries to accentuate the stress you already feel by telling you that you're not accomplishing enough or doing it well enough, or by getting you to look at what's left undone. He knows that if he can get you under pressure, you are more likely to skip your times with the Lord, praying, reading the Word, and resting in Him, as well as your times of physical rest and relaxation, all of which are important to your overall well-being. Stress also makes you irritable and harder to work with or even be around. It can really take the joy out of life!

The key to overcoming this ploy of the Devil is in asking Jesus to help you learn your limits and live within them. Pray and ask Jesus to help you know your limits, reassess your priorities, and organize your time and work, and then take things one at a time. You'll be amazed at how involved the Lord wants to be in your daily planning and work, and how specific He will be in His instructions to you. Jesus can relieve the pressure and give you peace of mind in its place.