

God has SPACE FOR YOU

This question comes from a reader in Colorado:

How do I handle the STRESS in my life?

I promised my daughter I'd drive her to an appointment. I allowed myself plenty of time but while backing the car out of the garage I felt a funny wobble. My suspicions were confirmed when I got out and checked my tires. One sat flat and uncooperative. I had to make arrangements to get my daughter to her appointment, had to get my tire changed and had to get to a tire shop.

STRESS, big time. This is just life happening to us. It doesn't happen every day, for which we can be truly thankful, but stuff does **happen**. Stuff that upsets our plans or frustrates our best intentions or just plain makes life difficult when we think it shouldn't have to be that way.

Unless you live in a bubble you've experienced stress in your life: uninvited stress that just happens as a part of life, engineered stress caused by getting into a power struggle with someone in your life or even stress over financial difficulties.

Stress produces health problems. It's like throwing sand in a piece of well-oiled equipment. High blood pressure, overeating, and anxiety—which may bring stomach disorders—among other health problems, result. So now we know the problem and its effects, what, if anything, can we do about it or do we have to accept stress as our lot in life?

I believe God intends for us to live a stress-free life—or at least as stress-free as we can manage.

The first place to look for an answer is God's word. What does God have to say about our stress? I Peter 5:7 says to "*Cast all your anxiety on him because he cares for you.*" Paul in Philippians 4:6,7 gives the perfect antidote to anxiety: *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* The psalmist in Psalms 103 tells us to, "*Bless the Lord, O my soul and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion...*"

Here are a few proven ways to beat stress:

- ▶ Pray
- ▶ Read God's Word and believe it's for you
- ▶ Find someone with a problem worse than yours and help them find a solution
- ▶ Find someone who can help you find a solution to your problem
- ▶ Memorize helpful scriptures and meditate on them
- ▶ Print helpful scriptures and put them on your walls for constant reminders.

Sometimes you may find yourself in a stressful situation before you've been able to prepare for it. Stuff happens. But when you feel stress giving you a headache, making you nervous, causing a tightness in your chest, put some of these ideas into practice.

And when all else fails, reread Philippians 4:6, believe it, trust God that it's true in your life and depend on it as though your life depends on it. It **will** make a difference.

QUOTE SPACE

The strongest human instinct is to impart information;
the second strongest is to resist it.

Kenneth Grahame

SPACE FOR BEAUTY TIPS

Get a Great Haircut

(taken from the Ladies Home Journal)

1. **Sit up straight.** Don't cross your legs when you sit in the stylist's chair—it skews your posture, so your cut could be uneven.
2. **Collect pictures.** The biggest hair disasters arise when your stylist doesn't understand what you want.
3. **But be realistic.** You may love a cut on a magazine model, but if your hair is not the same texture or your face is not the same shape, the cut won't look the same on you.
4. **Soften a square jawline with layers.** Keep them long and choppy around the lower half of your face.
5. **Use your hands.** Instead of asking for an inch off the ends, use your hands to show your stylist where you'd like your hair to fall.
6. **Go for length to slim a round face.** A style on the longer side—say, to your shoulders—makes a full face look narrower.
7. **Ask for styling advice.** A cut only looks as good as how it's styled. As your stylist finishes your hair, ask detailed questions so you can repeat the process at home.
8. **Update your products.** You may need to upgrade your styling products to get the effect needed for your new cut.
9. **Keep your options open.** Sometimes, an unexpected urge to go short can leave you with a haircut you may not have tried otherwise, but that is perfect for you!



SPACE FOR YOU

This newsletter exists for you, the reader in cyberspace. My wish is to create a space of interest, of fun, and of practicality. And I'd like to hear from you. Do you have a hard question you'd like an answer to? Do you want to contribute your 2 cents worth about this newsletter? Click here: bmluke@genuinejoyministries.org and let me know.

Cast all your anxiety
on Him
because He cares for you
1 Peter 5:7

THE FUNNY SPACE

...from a Catholic elementary school test, including their poor spelling:

- Lots wife was a pillar of salt during the day, but a ball of fire during the night.
- The first commandment was when Eve told Adam to eat the apple.
- David was a Hebrew king who was skilled at playing the liar. He fought the Finkelsteins, a race of people who lived in biblical times.
- Jesus enunciated the Golden Rule, which says to do unto others before they do one to you. He also explained, a man doth not live by sweat alone.
- The epistles were the wives of the apostals.
- St. Paul cavorted to Christianity; he preached holy acrimony, which is another name for marriage.
- Christians have only one spouse. This is called monotony.

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