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THE
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Too Blessed
to be Stressed
Edition

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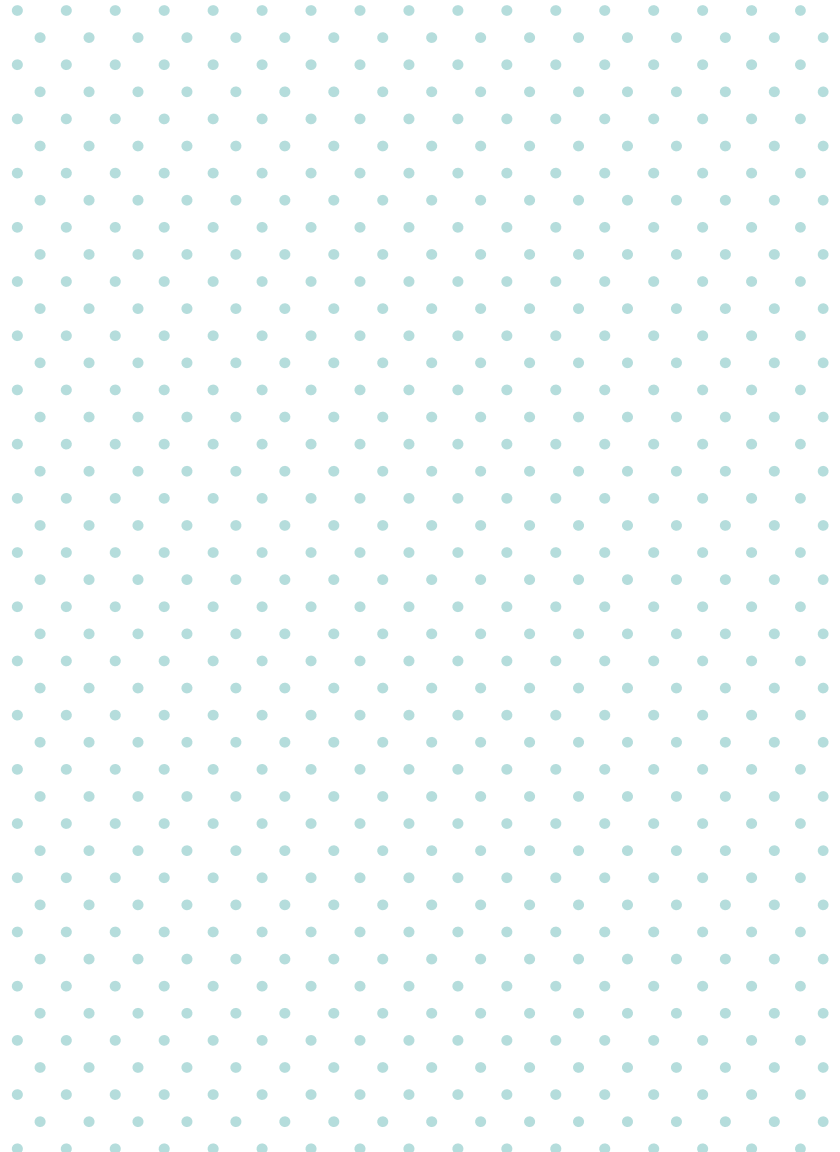


Too Blessed
to be Stressed
Edition

Debora M. Coty



BARBOUR
PUBLISHING





Contents



Introduction	8
All Stressed Up and Nowhere to Break Down: Coping with Loss	9
Dead Last: Courage	23
Keep the Faith, Baby: Dependence on God	35
Nuts in the Batter: Dealing with Difficult People	47
Lost and Found: Faith	59
Shoving the Envelope: Finding Balance.	71
Everyday Miracles: God's Sovereignty	83
Heart Matters: Finding Peace	95
You Can Run but You Can't Hide: God's Mercy.	107
Latitude for Gratitude: Living Gratefully	119
Kneels on Wheels: Prayer	131
Humility Becomes You: Pride.	143
Taking the Plunge: Trust	155
Gray. . .the New Blonde: Worry	167

Introduction

God's Word is full of promises.
And you know when He makes a promise,
you can trust it—*always!*

*These inspiring Bible promises
will revitalize your spirit!*

Each topic in this promise book was selected from Debora M. Coty's popular title *Too Blessed to Be Stressed*—a delightfully encouraging read for women drowning in the churning stress-pool of busyness.

Allow each scripture selection to speak directly to your heart—as you draw ever closer to your heavenly Father.

—THE PUBLISHERS



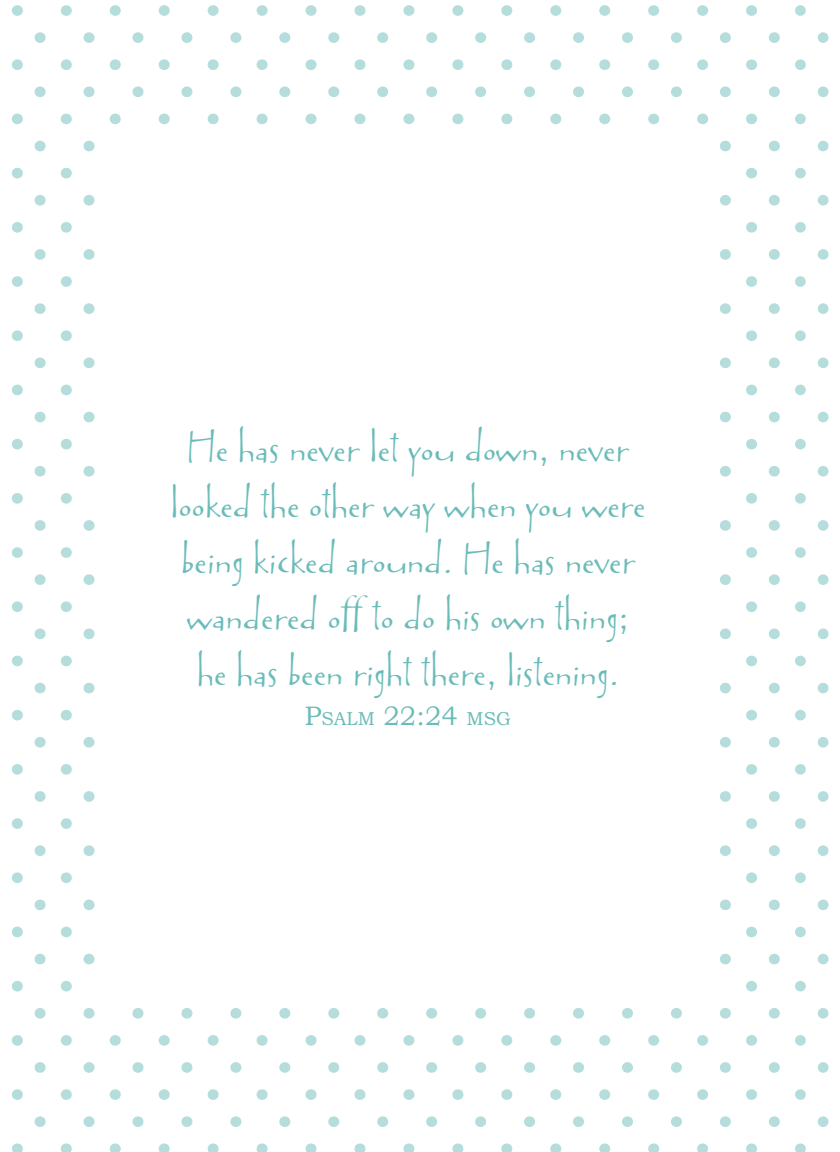
All Stressed Up and Nowhere to Break Down: Coping with Loss



Have you ever baked homemade bread? Nothing smells better this side of heaven! Well, the way I see it, healing is like bread yeast—the dough has to be pulled, stretched, and beat upon to work the yeast throughout, but it finally permeates every inch. Over time, that very yeast enables the bread to rise and become what it was meant to be. If the yeast doesn't pervade the dough, or if the loaf doesn't spend enough time in the oven, the bread will never be completed. It will always remain useless, gloppy, inedible dough. Heat is necessary for its transformation and perfection.

So the next time you feel like yelling, “Stick a toothpick in me; I'm done!” remember that although our oven days are difficult—often painful—those are the times we grow and mature in our faith.





He has never let you down, never
looked the other way when you were
being kicked around. He has never
wandered off to do his own thing;
he has been right there, listening.

PSALM 22:24 MSG

“Come to me, all you who are weary and burdened,
and I will give you rest. Take my yoke upon you and
learn from me, for I am gentle and humble in heart,
and you will find rest for your souls. For my yoke is
easy and my burden is light.”

MATTHEW 11:28–30 NIV

The LORD is close to the brokenhearted
and saves those who are crushed in spirit.

PSALM 34:18 NIV

Cast all your anxiety on him because he cares for you.

1 PETER 5:7 NIV


Dear friends, do not be surprised at the painful trial
you are suffering, as though something strange were
happening to you. But rejoice that you participate
in the sufferings of Christ, so that you may be
overjoyed when his glory is revealed.

1 PETER 4:12–13 NIV

Have mercy on me, O God, have mercy on me, for in
you I take refuge. I will take refuge in the shadow of
your wings until the disaster has passed. I cry out to
God Most High, to God, who vindicates me.

PSALM 57:1–2 NIV





Now if we are children, then we are heirs—
heirs of God and co-heirs with Christ, if
indeed we share in his sufferings in order that
we may also share in his glory.

ROMANS 8:17 NIV



My help comes from the LORD, who made heaven and earth! He will not let you stumble; the one who watches over you will not slumber. Indeed, he who watches over Israel never slumbers or sleeps. The LORD himself watches over you!

PSALM 121:2-5 NLT

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

PSALM 23:4 KJV

Your righteousness, God, reaches to the heavens, you who have done great things. Who is like you, God? Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up. You will increase my honor and comfort me once more.

PSALM 71:19-21 NIV

Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

PSALM 73:25-26 ESV





Save me, O God, for the floodwaters are up to my neck.

Deeper and deeper I sink into the mire; I can't find a foothold. I am in deep water, and the floods overwhelm me. I am exhausted from crying for help; my throat is parched. My eyes are swollen with weeping, waiting for my God to help me.

PSALM 69:1–3 NLT

Shout for joy, you heavens; rejoice, you earth; burst into song, you mountains! For the LORD comforts his people and will have compassion on his afflicted ones.

ISAIAH 49:13 NIV

The Sovereign LORD has given me his words of wisdom, so that I know how to comfort the weary. Morning by morning he awakens me and opens my understanding to his will. The Sovereign LORD has spoken to me, and I have listened. I have not rebelled or turned away.

ISAIAH 50:4–5 NLT

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

PHILIPPIANS 4:6–7 NLT

I know, O LORD, that your judgments are right,
and that in faithfulness you have humbled me.

Let your steadfast love become my comfort
according to your promise to your servant.
Let your mercy come to me, that I may live;
for your law is my delight.

PSALM 119:75–77 NRSV

I lift up my eyes to the mountains—
where does my help come from?

My help comes from the LORD,
the Maker of heaven and earth.

He will not let your foot slip—
he who watches over you will not slumber.

PSALM 121:1–3 NIV

You turned my wailing into dancing; you removed
my sackcloth and clothed me with joy, that my
heart may sing your praises and not be silent.

LORD my God, I will praise you forever.


PSALM 30:11–12 NIV

Now let your unfailing love comfort me,
just as you promised me, your servant.

Surround me with your tender mercies so I may live,
for your instructions are my delight.

PSALM 119:76–77 NLT





The LORD wants to show his mercy to you. He wants to rise and comfort you. The LORD is a fair God, and everyone who waits for his help will be happy. You people who live on Mount Zion in Jerusalem will not cry anymore. The LORD will hear your crying, and he will comfort you. When he hears you, he will help you.

ISAIAH 30:18–19 NCV

Jesus said, “Don’t let your hearts be troubled. Trust in God, and trust in me. There are many rooms in my Father’s house; I would not tell you this if it were not true. I am going there to prepare a place for you. After I go and prepare a place for you, I will come back and take you to be with me so that you may be where I am.

You know the way to the place where I am going.”

JOHN 14:1–4 NCV

“I will ask the Father, and he will give you another Helper to be with you forever—the Spirit of truth. The world cannot accept him, because it does not see him or know him. But you know him, because he lives with you and he will be in you.”

JOHN 14:16–17 NCV



Give your burdens to the LORD, and he will take care of
you. He will not permit the godly to slip and fall.

PSALM 55:22 NLT

The LORD is a shelter for the oppressed, a refuge in times
of trouble. Those who know your name trust in you,
for you, O LORD, do not abandon
those who search for you.

PSALM 9:9–10 NLT

Casting all your care upon him; for he careth for you.

1 PETER 5:7 KJV

The one thing I ask of the LORD—
the thing I seek most—
is to live in the house of the LORD all the days of my life,
delighting in the LORD's perfections
and meditating in his Temple.

For he will conceal me there when troubles come;
he will hide me in his sanctuary.


He will place me out of reach on a high rock.

PSALM 27:4–5 NLT

God is our refuge and strength,
always ready to help in times of trouble.

PSALM 46:1 NLT





I love the LORD, for he heard my voice;
he heard my cry for mercy.
Because he turned his ear to me,
I will call on him as long as I live.
PSALM 116:1-2 NIV

The LORD is good, a refuge in times of trouble.
He cares for those who trust in him.
NAHUM 1:7 NIV

It is of the LORD's mercies that we are not consumed,
because his compassions fail not. They are new every
morning; great is thy faithfulness.
LAMENTATIONS 3:22-23 KJV

He who was seated on the throne said, "I am making
everything new!" Then he said, "Write this down,
for these words are trustworthy and true."
REVELATION 21:5 NIV

Then you will walk on your way securely
and your foot will not stumble.
If you sit down, you will not be afraid;
when you lie down, your sleep will be sweet.
PROVERBS 3:23-24 NRSV



The LORD is gracious and righteous;
our God is full of compassion.
The LORD protects the unwary;
when I was brought low, he saved me.

PSALM 116:5–6 NIV

Good people pass away; the godly often die before their time. But no one seems to care or wonder why. No one seems to understand that God is protecting them from the evil to come. For those who follow godly paths will rest in peace when they die.

ISAIAH 57:1–2 NLT

I say to myself, “The LORD is my inheritance; therefore, I will hope in him!” The LORD is good to those who depend on him, to those who search for him. So it is good to wait quietly for salvation from the LORD.


LAMENTATIONS 3:24–26 NLT

Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.

PSALM 139:7–10 NIV





Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens:

They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?”

LUKE 12:22–26 NIV

Blessed are the poor in spirit:for theirs is the kingdom of heaven. Blessed are they that mourn: for they shall be comforted. Blessed are the meek:
for they shall inherit the earth.

MATTHEW 5:3–5 KJV

Many people say, “Who will show us better times?”
Let your face smile on us, LORD. You have given me greater joy than those who have abundant harvests of grain and new wine. In peace I will lie down and sleep, for you alone, O LORD, will keep me safe.

PSALM 4:6–8 NLT



You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the LORD forever, for the LORD GOD is an everlasting rock.

ISAIAH 26:3–4 ESV

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

PHILIPPIANS 4:8–9 NRSV


Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

ROMANS 8:5–6 NIV

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.

1 THESSALONIANS 5:23–24 NIV





Now may the Lord of peace himself give
you peace at all times and in every way.
The Lord be with all of you.

2 THESSALONIANS 3:16 NIV






Dead Last: Courage



Our God is not a random God. He perfectly orchestrates all the details. . . . His specialty, His forte, His marvelous operational technique is to use inadequate, frightened people to serve as His hands and feet. Yahweh's courage is more than enough. It's brilliant, really. Then there's no doubt whom the real rescuer is.





For God has not given us a spirit of fear
and timidity, but of power, love,
and self-discipline.

2 TIMOTHY 1:7 NLT

“Don’t be afraid,” he said, “for you are very precious to
God. Peace! Be encouraged! Be strong!”

As he spoke these words to me, I suddenly felt stronger
and said to him, “Please speak to me, my lord,
for you have strengthened me.”

DANIEL 10:19 NLT

Even the wilderness and desert will be glad in those
days. The wasteland will rejoice and blossom with spring
crocuses. Yes, there will be an abundance of flowers
and singing and joy! The deserts will become as green as
the mountains of Lebanon, as lovely as Mount Carmel or
the plain of Sharon. There the LORD will display his glory,
the splendor of our God. With this news, strengthen those
who have tired hands, and encourage those who have
weak knees. Say to those with fearful hearts, “Be strong,
and do not fear, for your God is coming to destroy
your enemies. He is coming to save you.”

ISAIAH 35:1–4 NLT

You know how badly we had been treated at Philippi just
before we came to you and how much we suffered there.
Yet our God gave us the courage to declare his Good
News to you boldly, in spite of great opposition.

1 THESSALONIANS 2:2 NLT

