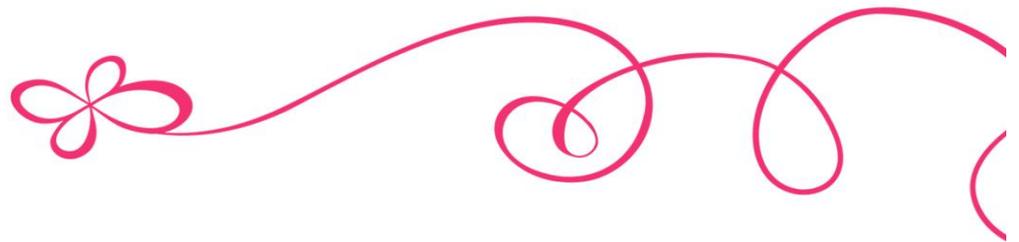


Too Blessed
to be
Stressed



Debora M. Coty



**Book Series
Sampler**



The Best of *Too Blessed to be Stressed*

Four selections to help you decom-stress ...

From Debora M. Coty's
beloved series of
women's inspirational books:

Too Blessed to be Stressed

Debora M. Coty
www.DeboraCoty.com

Speaker and Award-Winning Author
of the bestselling
Too Blessed to be Stressed
series of women's inspirational books

Introduction

I've been blessed to have had the privilege of sharing Jesus-joy with my BFFs (Blessed Friends Forever) for over ten years and thirty books now.

First there was what I call the "Mama book," *Too Blessed to be Stressed*, which – because of reader friends like you – soon gave birth to more than a dozen "Baby Blessings" (listed on the last page). I couldn't be a more grateful Mimi!

This little ebook is a sampler from four of the books in my *Too Blessed* series, four readings which I chose specifically to thank you for being my BFF because they're fun, fast, and full of my trademark biblical Truths gift-wrapped in humor.

And while we're talking Fs here, the Éclair Cake is *fabuloso!* As a world class choco-athlete (that means I exercise just so I can eat more chocolate), I can say with authority that it's one of the easiest and best chocolate recipes from my *Too Blessed to be Stressed Cookbook* (if you haven't tried it yet, you really should – over 100 delicious recipes that require less than 20 minutes hands-on prep time to decom-stress your kitchen time).

So I thank you for choosing to share your valuable and precious time with me, dear friend, and I pray that Papa God will help you see that in Him, your blessings always outweigh your stressings!

*I'd love it if you'd subscribe to my blog at www.DeboraCoty.com so we can get to know each other better. And while you're there, sign up for the BFF Club – it's all free!

Nuts in the Batter

(Dealing with Difficult People)

*Adapted from Debora M. Coty's *Too Blessed to be Stressed*

Don't hit back; discover beauty in everyone.

ROMANS 12:17, TM

A millionaire in my city recently made “World’s Worst Neighbor” headlines. After an ongoing dispute with his neighbor in the adjacent mansion of a ritzy, exclusive golfing community, this highly respected businessman began phoning threatening messages to his nemesis at 5 o’clock one Sunday morning. He then drove his golf cart into the neighbor’s four-car garage (apparently he broke in) and pounded on his door.

That didn’t create enough of a bang, so he launched M-80 fireworks into the guy’s yard. No kidding. These people were *not* a match made in heaven. Or were they?

You’ve dealt with a few yourself, haven’t you? Difficult people – boils on the hind quarters of humanity, dreary bores, irritating complainers, thorns in the side, vexing nuisances, nasty adversaries, annoying trouble-makers ... all summed up as NIBs (Nuts in the Batter).

NIBs exist in every walk of life. Rich, poor, old, young; all shapes, sizes and sexes. Some are relatives, some strangers. (Some stranger than others.) Many deserve the title (face it, we all earn a NIB sash at some time or another); a few have it bestowed upon them prematurely. But all have one thing in common: selfish behavior that grates our last raw nerve.

Reminds me of a primate study I read recently (don’t you just love the transparency of animals – they’re like naked humans with all the pretenses and layers

peeled off). Given repeated opportunities to share banana rewards with other monkeys, chimpanzees simply wouldn't do it. Mind you, they didn't lose any of their own treat, but just had to press a button to release an extra banana down the chute to their buddy next door. These furry guys fully grasped the consequences of the button, but chose not to press it.

The study concluded that although they're social animals and sometimes show signs of cooperation with one another, chimps consistently refuse to show compassion to their fellow man, er ... chimp. They remain indifferent and unsympathetic even if kindness cost them nothing.

After confrontation with a NIB who must've escaped from that study, shaved his body and found a pair of Dockers, I decided I just couldn't let agitation make a monkey out of me. So I searched the Bible to see how Papa God says to deal with difficult people. Grab your Bible and together let's explore:

- Matthew 5:44: Pray *for* them. Especially for their salvation. Want a shocker? You don't have to like someone to pray for them. But you may be surprised how bitterness evolves into something quite different when you're on your knees.
- James 1:19-20: Pray *about* them. Not necessarily that God will change them (that's up to Him), but that He'll let you see them through His eyes.
- Proverbs 29:22: Decom-stress your anger. Defuse. Release steam in a healthy way. Scream in your closet. Whack the stuffing out of a tennis ball (guess why I play!). Pour out your anger in a long letter. Then destroy it.

Confide to a trusted friend, but take care not to fall into the trap of kindling your fire with her empathy.

- Leviticus 19:16: Resist the temptation to tell everyone about your injustice. Gossip (even rooted in truth) only causes pain in the end.
- Philippians 4:6-7: Relax. You don't *have* to win. Jesus has already won.
- James 3:5: It's okay to visualize the snappy, movie-dialogue retorts that elude you, but *don't* follow through in real life. Now delete that scathing reply video playing in your head. Believe it or not, with time you'll feel more satisfaction editing it out than if you played the scene live.
- Matthew 5:38-41: What would Jesus do? Remember how He remained quiet before his false accusers? Have you ever wondered if He was railing about injustice on the inside? Regardless of how much inequity you've suffered, behave outwardly like Christ; your inner emotions and thoughts will gradually transform to become more Christ-like. It's okay to fake it at first if you have to; the *act* becomes *fact* as God works in you.
- Psalm 37:8: Feeling anger is not sin; it's human. Acting on it is sin.
- Proverbs 3:5-6: Recognize that there's more going on than you can see. Only God knows what's truly in the NIB's heart and He's in control. It helps me to simply think of that NIB as a nut that's simply hard to crack; it's easier to live with a Brazil Nut than a cockroach in your batter.
- Proverbs 16:7: Respond, don't react. Take charge of your own attitude and actions. You can't control the NIB's, but you're responsible for yours.
- Hebrews 13:6: Do not let anxiety or fear dominate you.

- Romans 12: 19-21: When you're ready to finally let go, visualize packing your anger into a trunk and watching the UPS truck drive it away. Give it to God and don't take it back. When revenge knocks on your heart, turn the deadbolt and picture the rear end of that truck as it fades into the sunset. The anger is no longer yours. You've given away it to the One who will handle it for you. Remember, He's LARGE and in charge!

Difficult people are often in our lives for unseen purposes. God's purposes. Perhaps to stretch us, grow us, or sand down our sharp edges by their friction. So as tempting as it may be, it's best if we don't blow out the match. It might just be a match made in heaven.

“Assumptions are the termites of relationships.”
~Henry Winkler

Let's Decom-Stress

1. What is our primary goal in dealing with difficult people according to Romans 12:17-18?
2. Who are the nuts in your batter, girlfriend? Are you more inclined to try to pulverize them or gently fold them in?
3. Do you ever relive a confrontation and come up with a dozen scripted Sandra Bullock retorts you with you'd thought of? Don't worry – nearly everybody does that. Have you ever considered that maybe God gave us our initial deer-in-the-headlights response for a reason?

Kneels on Wheels: Prayer

* Adapted from *The Bible Promise Book: Too Blessed to be Stressed Edition*

I don't want to approach prayer as a chore. I'm not reporting for duty or giving God instructions on what's best for me. Nor do I want my prayer life to consist merely of rhino—in-the-road desperation please to NeedGodNow.com.

Above all, I don't want to get caught up in religion and miss relationship. To get so busy learning about Him and doing a gazillion things that I call serving Him that I neglect to get to know Him. That's when Christianity becomes "nicerianity" and all about behavior- rights and wrongs – rather than about a dynamic, daily communication with a living, loving Savior.

No, I come with a humble heart, and open mind, and a thirsty spirit. I cherish spending time with Him.

"Call on me and come and pray to me, and I will listen to you."
Jeremiah 29:12 NIV

"Bless those who persecute you. Don't curse them; pray that God will bless them."
Romans 12: 14 NLT

"The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Savior God wants us to live."
1 Timothy 2:1 MSG

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."
Philippians 4: 6 NIV

"Pray diligently. Stay alert, with your eyes wide open in gratitude."
Colossians 4:2 MSG

Éclair Cake

*From Debora's *Too Blessed to be Stressed Cookbook*

*This marvelous cake is actually more like a gigantic, irresistible chocolate éclair. It's ridiculously simple and has been one of my family's favorites for decades.

Prep time: 15 minutes

Cooking time: none; refrigerate

Serves: 8-10

2 (3 ½ oz) packages French vanilla instant pudding mix

3 cups cold milk (for pudding)

1 tub (8 oz) whipped topping (light okay)

1 (14 oz) box graham crackers



With electric mixer, beat pudding mix with 3 cups milk until thickened (about 3 minutes); gently fold in whipped topping.

Layer whole graham crackers (break to fit) in bottom of ungreased 9x13-inch pan. Cover with half of pudding. Add another layer of crackers, then remainder of pudding, then final layer of crackers.

Cover with frosting:

Melt 3 Tbsp butter in saucepan; remove from heat and add 2 Tbsp white Karo syrup (light okay), 3 Tbsp milk, 2 cups powdered sugar, and 4 Tbsp baking cocoa. Mix until smooth. Pour over top graham cracker layer. Refrigerate.

TIP: In a time crunch, you may use canned chocolate fudge cake frosting.

Papa God

*Adapted from *Too Blessed to be Stressed: 3-Minute Devotions for Women*

*“To all who did receive him, to those who believed in his name,
he gave the right to become children of God.”*

John 1:12-13 NIV

I’m often asked why I refer to God as “Papa God.” The reason is simple:
Because He is. My Papa. Your Papa.

When we make the decision to believe in Him, to receive the unconditional love demonstrated by the sacrifice of His only Son, Jesus, in our place, we’re adopted into Papa’s family. We become His beloved, adored, cherished daughters. Hey, we might not think we’re much, but He thinks we’re to die for!

The intimate term in the Bible for *God the Father* is the Aramaic word “*Abba*,” the name Jesus referred to Him by and offered to share with us as Papas adopted children (Romans 8:15).

Children specifically chosen. Handpicked. Wanted.

The Message translates *Abba* as “Papa.” I totally love that. It’s warm, protective, and delightfully cuddly. What name could more richly express our close relationship with our heavenly Daddy?

*Dear Papa God,
You are my heavenly Daddy, a good and gracious Papa.
Thank You for wanting me and loving me enough to die for me. Amen.*

Books featuring the offbeat blend of humor and hope of **Debora M. Coty**:

Too Blessed to be Stressed

More Beauty, Less Beast

Fear, Faith, and a Fistful of Chocolate

Too Loved to be Lost

Mom NEEDS Chocolate

Too Blessed to be Stressed Cookbook

Too Blessed to be Stressed: 3-Minute Devotions for Women

Too Blessed to be Stressed Journal

Too Blessed to be Stressed Coloring Book for Women

Too Blessed to be Stressed 5-Year Keepsake Journal

*Too Blessed to be Stressed: Inspiration for Every Day
(365-day Devotional)*

Debora would love to connect with you through Twitter, Facebook, Instagram, Pinterest, and her website, www.DeboraCoty.com. While you're there, be sure to subscribe to her Too Blessed to be Stressed blog, e-newsletter, and BFF Club. Freebies Galore!

To book Debora to share her unique brand of biblical Truth gift-wrapped in humor with your ladies group, visit Deb's speaker page at www.DeboraCoty.com.