

*God's Way to Stress Less:
A New Way to Experience Peace, Love and Resiliency*

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Grace Love Well Foundation
Gracelovewell.org

God's Way to Stress Less: A Radical New Way to Experience Mental Health
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*Special thanks to my daughter, Riley, for her assistance, insights, wisdom, and life experiences that brought much clarity to this project.
May you be blessed to be a blessing, precious one.*

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Introduction

Welcome Dear One. I am so glad you are a part of *God's Way to Stress Less*. I may be completely wrong but I'm guessing you are here because some aspect of your life is painful and difficult. Sometimes you cannot articulate how badly you feel. You may have tried everything, and you are still struggling, day to day, week to week, without answers.

If you are that person who experiences worry and stress, keeping you awake at night, keeping you from enjoying the life, and wondering "WHY ME? I have developed this program for YOU.

I find that life can feel both beautiful and joyful, but also at times painful, overwhelming, and confusing. Life can also feel stressful at times.

I've been just where you are. I loved God deeply, tried to live a good life, and then faced profound adversity when I was in a severe car accident, causing traumatic brain injury and autoimmune challenges. I was also dealing with the death of over 40 loved ones. I loved people who struggled with addictions and emotional challenges. I felt so weighed down. And, then through God's power, Christ's amazing grace, an understanding of how the mind works, great therapy and applying biblical truths to my life, I uncovered the peace that surpasses all understanding. I was delivered from post-traumatic stress disorder, anxiety, co-dependency, and complex grieving. Some of you may be experiencing grief or loss. Some of you may be experiencing illness, abuse, or addiction in yourself or in your family. Life may feel hard or even scary. You may feel like an outcast or that something is wrong with you. You may feel overwhelmed by your day to day life. I don't know what you are struggling with, but God does.

Regardless of what you are facing, God's here for you. He has designed you to handle the ups and downs of life and to carry you through the circumstances that are beyond your ability. He's here to guide you, to help you navigate life. He's here to help you live a good life in the middle of any situation, and he's here to help you fulfill the unique purpose he designed for you.

You are stronger than you think because you have a superpower. That power doesn't come from you; it comes through Christ in you. The challenges you face are sometimes the result of the

choices you make and sometimes completely beyond your control. Yet, always, God can use them to grow you, prepare you, and shape you to fulfill the plan he has for your life.

If God allowed a circumstance into your life, he will use it for good. Romans 8:28 says that God uses all things together for good for those who love the Lord and are called according to his purpose. If you love the Lord, he's talking about you.

I've experienced this truth time and time and time again in my own life. And the same is true for you.

Out of those very painful experiences grew my purpose. For more than 20 years I have had the joy of teaching and developing programs on spirituality, stress reduction, and conflict resolution. Over the years I immersed myself in studying God's word, neuroscience, the human mind, evidence-based mental health practices and being still in His presence.

Then a dear friend introduced me to a new paradigm of psychology, innate health and resiliency. My mind deeply quieted at the logic of this understanding and what immediately resonated in my heart was how much the logic of this understanding lined up with scripture. This program is a synthesis of science and scripture, logic and love, peace and possibility. I will be sharing my personal relationship with Christ who took all this knowledge and showed me by His grace how to live in His peace.

Do I still feel overwhelmed and stressed? Occasionally, but now I move back to peace so much quicker.

Because I have seen the power of this program both professionally and personally, I put what I learned and live in a series of audios, quick readings, and videos so you too can experience a deeper peace in your life.

I wanted to make this program easily accessible, so all the content is online and available to you to complete in the privacy of your home or wherever you feel most comfortable. You can complete at your own pace and in your own way, so you don't feel overwhelmed! If you're

completing this program as part of a group, your leader will set the pace and share the journey with others.

Since all the lessons build upon each other, I recommend that you complete each module sequentially, in the order as they appear. As you go through the program try to let it go into your soul -- your heart rather than your mind. Listen and read as if you were listening to a piece of music or reading a piece of poetry. Allow the learnings to fall on you like gentle rain, rather than trying to figure it out in one sitting.

Here's what you will receive in *God's Way to Stress Less* online learning program:

- 16 Online videos to help you easily understand the principles of God's way to experience more peace
- Easy-to-use PDF written lessons with insights, practical applications, and reflections to experience more God and less stress
- 6 Online audio scripture-based prayers and meditations to quiet your mind and comfort your soul
- Over 100 downloadable scriptures to get closer to the truth of who God is and who you are in him
- Templates to write your own powerful prayers and one to help you let go of worries
- Group or personal bible study lesson plans to get deeper insights
- Private Facebook community so you can feel connected and supported

Everything will be on one page on my website for easy access. That page will feature seven modules divided by topic. Each module will contain videos, written lessons and group/personal bible study applications. At the bottom of the page there will be additional audio resources, templates, and scripture lists.

Will this program promise you a challenge-free, stress-free life? No, sorry that's not realistic. Yet to know God's peace and see your innate resiliency will help you through moments of "I can't do it anymore" and the ups and downs of life.

Let me be very honest and perfectly clear this is not a replacement for therapy, psychological care or physical treatments. Although you may have some life-changing shifts I am not a psychotherapist.

As you go through this program you may completely disagree with the things I say, that's okay. You may be frustrated that I didn't give you a whole lot of things to do to feel better. This program is insight based. Insight is a way that you see something from what I shared. Where you have an aha moment, when you have a Holy Spirit breakthrough, where you, go "Wow, I never saw it that way."

You may feel absolutely nothing and that's okay too. You may get very quiet. You may think it's all rubbish and then suddenly you notice that your mind is clearer, your experience is gentler, and you seem a bit more at ease. You may see a problem, circumstance, situation, person in a completely different light. Some of what you will learn you may need to practice more than others. Some wisdom will come directly from the Holy Spirit where the change seems effortless. Some of those revelations may come while you're reading, and some may come days or a week later. What I know is that in God's perfect time and perfect way you will see change in the level of peace and love within yourself and your relationships.

What I saw when I started understanding these truths and deepening my intimacy with the Lord was my circumstances and the people in my life began to look different. Our relationships began to be so much more honoring and loving. When I saw the resiliency in myself and within them, I didn't have to fix situations or control them to be okay. I was okay, they were okay, right in the middle of what we all were experiencing.

If I needed to say something or act it would come from love, understanding and wisdom, it would come from the Holy Spirit.

When I do you share practical strategies, they are ways that I use to feel closer to God that are biblically sound. They may or may not work for you. You'll know what's right for you, and you may come up with an insight of another way that works better for you.

Perfectly Imperfect

The other thing is I'm a perfectly imperfect human just like every human on the planet. So, there may be mistakes in this program. I may have misquoted people or research studies. I may have misquoted scripture, or I may have used it in a way that goes against your belief system.

Be assured, none of it was anything else than an innocent human mistake. I have a team who strives for excellence, yet we are all imperfectly perfect.

My highest desire is to gently inspire you to look in the direction of wholeness, wisdom, and resiliency; to look in the direction of God's in dwelling Holy Spirit. To point you in the direction of who God is, who you are, how your mind works and how your experience of life is created. I'm not going to tell you what to do in your specific life circumstances because I don't know. But I do trust that you will know, that the Lord is here, and he will guide you in his time, way, and glory to bless you to be a blessing.

Thank you again for being part of this transformational journey. May each of you and your loved ones come to know the Lord in a deeper, more love-infused way, and may you experience the oceans of peace he has for you. In Jesus name.

ADD YOUR SIGNATURE

