

**YOU ARE TOO BLESSED
TO BE STRESSED**



by Jewel Diamond Taylor

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One thing is certainly true, people and life are unpredictable. Inner peace can increase when you learn how to cope with the people and events that are not in your control or not your responsibility. Pain, grief and setbacks never seem fair, welcomed or convenient.

Sometimes you may feel as if life is “kicking your butt” and bringing you to your knees (i. e. *a broken heart, frustrating finances, sickness, parenting, loss of a loved one, your job*). You find yourself asking, **“Why me? Why now and what next?!?!”**

Personal pain can bring you to your knees in surrender. It’s unfortunate, but true, that some times, it’s only disappointments that cause us to make an appointment with the Lord.

There are many stages of stress and grief. You may feel shock, disbelief, anger, fear, confusion, guilt, denial and depression or even want to bargain with God before you can finally *grow into acceptance*. Healing and new beginnings can only happen after acceptance. Don’t allow bad times to make you bitter. Don’t allow difficult times to steal your joy, peace of mind and health. Remind yourself every day that you can make it and you can take it. Reading materials like this book, praying, fasting, loving relationships and productive activities will help you find peace in your pain and safety in your the storm.

It’s not my intention to trivialize or deny your emotional pain or stress by saying “*You are too blessed to be stressed.*” It is, however, my experience that whatever we resist persists, and things could be worse.

Aspects of your psyche seek guarantees, to control, to manipulate, to avoid pain and change. This mindset is fool's paradise, not reality. The best protection and preparation is to equip yourself with knowledge, faith and a productive lifestyle. You can train your mind to think thoughts of hope, gratitude, love, forgiveness, solutions and faith.

The purpose of this message is to train your thoughts in the way they should *grow* to cope with stress and they will not depart from it.

I pray that after several readings of this message, you will be able to say, ***“I am equipped and I can't be whipped. I am motivated and not frustrated. I am inspired, not tired. I am too blessed to be stressed.”***

Read and grow.....

Count your blessings. Once you realize how valuable you are and how much you have going for you, the smiles will return, the sun will break out, the music will play, and you will finally be able to move forward the life that God intended for you with grace, strength, courage, and confidence.

~ Og Mandino

You cannot choose how you're going to die. But you can choose how you're going to live. It's a choice to rejoice. It's a choice to see the positive in spite of all the negativity around you. It's a choice to be loving, responsible, hopeful and productive.

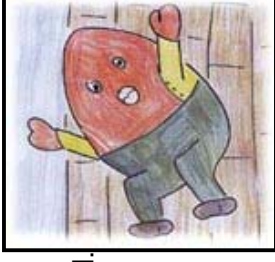
When resist the natural flow of life, we invite struggle, despair and pain into our experience. When ever you are struggling or in emotional pain, it is important to look at what you are resisting and why.

The experiences in life that we think are "bad" are often gifts in disguise. Though they're difficult, they can serve as a wake up call to correct and/or adjust our lives and thinking. This will return us to a state of balance and the "now" moment allowing us to pursue paths of even greater fulfillment, peace and awareness.

Unexpected events and people can disappoint and crush your spirit. You and I have seen people who have never recovered from a setback or a broken heart. And there are people who bounce back even stronger and wiser after enduring pain and pressure. The second group of people believe they are **too** blessed to be stressed.

Health studies show when a bone in your body **cannot sustain pressure**, it will break either because the bone is weak or because the pressure on the bone is too great. When healthy bones heal from a break, they are **strongest in the place where they were once broken**. Because of their unique structure, bones can bear large amounts of weight. The moment bone breaks, the healing process begins. **New bone**, called callus is formed between the bone ends and over the fracture; and dense, stronger bone gradually forms over the callus layer. Over time bone returns to its original shape.

There are some pressures in life you can live with and endure. However, there are times when you may break because of the pressure. When you acknowledge your brokenness and bring it to God (the master physician). You can be healed and made stronger in the place where we were once broken. Remember the childhood rhyme...



Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall.
All the king's horses and all the
king's men couldn't put
Humpty back together again.

Well, the Holy One, King Jesus, came to bring compassion and love to heal the broken. He said in Isaiah 61:1, "The Lord has anointed me to bring good news to the afflicted. He has sent me to bind up the brokenhearted."

Your bones are rigid, but they do bend, or "give" somewhat when an outside force is applied to them. When this force stops, bone returns to its original shape. When outside forces beyond your control cause you stress, you will not break **if you have**; inner strength, emotional fitness, a sense of humor and strong faith. Don't give up. Be unbreakable! Bones also act as a protective armor, shielding the body's vital organs. Your faith and positive mindset are your protective armor.

As you read and re-read this book let it remind you to be strong and if you are broken --- know that you can be made stronger.

Get equipped so you can't be whipped by the enemy of stress and pain. Read the word of God often which is like calcium for your spiritual bones. If you practice praying, reading, meditating and strengthening your emotional fitness...you won't break easily when life knocks you off balance. You won't fall. You will stand on your holy ground leaning on the promises of God.

Don't try to hide or be ashamed of your brokenness. It happens to the best of us. We all fall off the wall at some point in our lives. The good news is that you can be restored and your life can be mended. You are stronger than you think.

The size of a mustard seed is very tiny and yet it can produce a very big and strong tree. The word of God says that all we need is faith the size of a mustard seed.

Your problems will be large or small according to whether your thinking and faith are large or small.

I have learned that my problems, which I call challenges, will either **stop** me, **stress** me or **stretch** me according to the size of my thinking and faith.

Each time that I've been stretched to grow beyond my comfort zone, God was there. Each time I was stretched; I tapped into my power of creative problem solving, my faith, my flexibility, my sense of humor, my intelligence, my ability to let go, my inner strength and yes, stretched to give, be and do more than I ever knew was possible. Once you've been stretched to a new level of faith, vision and endurance --- you can't go back to old thinking. Stretching your faith and using your mental muscles to move mountains will allow you to be the head and not the tail of your circumstances.

Life circumstances may be pressing you right now. Are you going to allow your challenges to **stop** you, **stress** you or **stretch** you?

"For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you." ~ Matthew 17:20



I hope to continue to be in touch with you. I am committed to my own personal growth and healing as well as serving you as a speaker, author and retreat facilitator. I offer my education, experience, testimonies and insights in my books, CDs, DVDs, radio, TV, lectures, retreats and on-line newsletter. Thank you for your continued support. Remember Psalms 119:105, "**Thy word is a lamp unto my feet and a light to my feet.**" **Stay in the Light.**

~ Jewel Diamond Taylor

