

Happy Sunday!,

With only one week left in the corporate fast, make sure that you aren't so locked into the finish line that you miss what God wants to do in this last week. Finish focused and strong. I want to share today's devotional from Graham Cooke. It really ministered and challenged me and I feel like it would be beneficial for all of us to grab hold of.

"Sometimes the world feels exhausting, not because of one big thing, but because of the constant accumulation of pressure. We learn how to get through situations, but we do not always let God remove the effect those situations have on us.

Stress does not disappear just because the problem ends. It settles in as fatigue, heaviness, and weariness unless we live from a different place.

Freshness is not about coping better. It is about living empowered by God's presence within you. Being refreshed with God is not transactional. It is not something you reach for only when you are overwhelmed. It is a lifestyle, one where rest, newness, and peace are practiced daily before pressure has a chance to take root.

When you live one day at a time with God, negativity does not get stored up. It gets transformed. Internal rest becomes your way of life, and stress loses its power to accumulate. "New every day" is not a slogan, it's a heart posture... a mindset shaped by Presence. It's a way of staying calm, joyful, and expectant no matter what is happening around you.

God is not teaching you how to survive pressure. He's teaching you how to live free from it."

See you all soon :-)