

# Turn the Pressure Off!

By Janice M. Wendorf

My dear loved ones,

Pressure and stress go together, are unavoidable, and seem to be a part of everything we do. They can drive us crazy and make us into fragile human beings.

How do I handle pressure and stress? By the grace of God, I have found the answer; I want to share it with you in the hopes of helping you see Who takes the pressure off, making possible a fuller life and a better you.

For years, I struggled with being the best: accomplishing all assignments with perfection, assuming the role of the ideal pastor's wife, teaching to be the teacher most loved. You know the scenario. It applies to all of us. I put so much pressure on myself that at times I lost focus and direction. I did my best — and at times excelled and at times felt defeated — until I discovered the real way to deal with the pressures of life: Turn the pressure off!

The answer was so simple: Only by the power of the Holy Spirit did I begin to understand what it means to rely upon the Lord and His strength, to make Him the top priority in life, to spend time with Him regularly for talking and listening, and to set aside time in His Word for daily nourishment. The pressures of my life, both small and enormous, are given to Him — freeing me to live and serve.

I must confess, however, that my sinful nature gets in and robs me of living in the “pressure-off mode.” I find myself

going to bed only to lay awake thinking about all the things I need to do and planning just how I might accomplish those tasks. I know it is God who is in control of my life, but somehow I still want to be at the mouse, at the steering wheel, at the helm. I struggle with converting my “head” knowledge into “heart” knowledge.

But dear friends, there is not a thing I can, or need, to do. He is the answer! And His Word shows the way!

God's Word speaks to us: *Be still and know that I am God* (Psalm 46:10); *I can do everything through Him who gives me strength* (Philippians 4:13); and *Finally, be strong in the Lord and in His mighty power* (Ephesians 6:10).

When the pressures in your life make you fragile, trust your heavenly Father. Through the work His Son, Jesus Christ, accomplished for you on the cross, you are declared free from those self-imposed, self-focused pressures that rob you of the joy of living as His redeemed daughter.

Take comfort in knowing that the Almighty God is in control. Spend time each day with Him — in Word and in prayer — and be encouraged by Him.

You can count on Him!

In His love, peace and joy,  
Jan



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## Of Special Note

**Marlys Taege**, former Editor-in-Chief of the *Lutheran Woman's Quarterly*, is collaborating with others to write a book showing how LWML mission projects through the years have impacted the spread of God's Word in Africa, Europe, and Asia. Have you personally observed the results of a national LWML grant on those continents? If so, please relate those memories and stories to Marlys at [marlyst@sbcglobal.net](mailto:marlyst@sbcglobal.net) or 414-357-6672 by September 20.

Congratulations to **Adriane Dorr**, former Christian Living Editor of the *Lutheran Woman's Quarterly* (2005–2009), for being selected as Managing Editor of *The Lutheran Witness* by the LCMS Board for Communication Services.

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