

## Stress Management

Scripture Praise Focus: *“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” (John 14:27)*

Dear Heavenly Father,

We raise our voices and pour out our praises to You dear Lord for we know You and You alone are Holy. Only You are perfect. You are King of Kings and Lord of Lords. You hold our lives in Your Holy Hands and we know there is none like You. Our hearts are bursting with love for You and for our fellow man. We know only You can give us the kind of love to be a friend who loves at all times (Proverbs 17:17).

Today we come to You and ask You to make Your presence known in the hearts and minds of college students who are feeling stressed out. Lord, only You know the thoughts and innermost, internal pressures these students are facing in every area of their college lives.

We pray You would reveal Yourself as the peacemaker in their lives and that they would be overcome with joy and peace in the midst of even the most stressful situations. With You, Lord, all things are possible (Mark 14:36).

Show these students how to manage their stress. Reveal to them through the power of Your Holy Spirit that You are with them and that You will never leave them nor forsake them.

In Hebrews 13:5, we are admonished to live our lives free from the love of money and to be content with what we have, because You have said, “Never will I leave you; never will I forsake you.”

Surely you love these students with an everlasting love. As their heavenly Father You promise to give good gifts to those who ask You (Matt 7:11). We ask you today to give them the gift of peace and tranquility through this school year. Give them an understanding of their true identity and bring them to a healthy self worth.

Show them that your presence in their lives can bring about a change in the way they live.

We praise You Lord for the constant peace and joy You promise to bring to those who keep their minds on You. (Isaiah 26:3)

We ask You today to provide a baseline for peace in these students lives, that they can always know You, and know You are a rewarder of those who diligently seek You (Hebrews 11:6).

In Isaiah 30:18 in the Amplified Bible, you remind us that “You earnestly wait (expecting, looking and longing) to be gracious to these students: and that You lift Yourself up, that you may have mercy on them and show loving-kindness to them. For You Lord are a God of Justice. Blessed are all those who wait for You, who expect and look and long for You, for Your victory, Your favor, Your love, Your joy, Your peace and Your matchless, unbroken companionship.”

We pray this prayer in Jesus’ name. Amen!

Song for meditation: Peace in the Valley by Elvis Presley