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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Faith Does Move Mountains

By Lisa van den Berg

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It never ceases to amaze me.

There you are going about your normal day and you suddenly realize that you're very worried about something. It sort of creeps up on you when you feel the muscles in your shoulders bunch up and you can't seem to get enough sleep, no matter how hard you try.

Do you know the signs that tell you when you've had enough? No? Well, learning to recognize them will be a fundamental first step to helping you to come to grips with your life.

Some people can't sleep, some get incredibly tense shoulder and back muscles, some get irritable and snappy, some cry and go all weak. Regardless of what the signs are, you need to get to know what does it for you.

When you learn to recognize that the stress load you're putting on yourself is getting to be too much for your body to handle, stop and analyze your situation.

It is far better to sort out your problems, fears and anxieties than to let them keep on stressing you out. Any of the above symptoms is your body's way of alerting you to the fact that you need to take action to resolve the situation, before there are serious repercussions. It is trying to tell you to slow down and sort out whatever is happening so that you can get rid of some of the load and let it repair itself.

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In her brilliant book 'Feel the Fear...And Do It Anyway!' Dr Susan Jeffers says that it is far easier to face what you fear than living with the burden of your fear. Once the problem is faced and resolved, a huge weight is lifted from your shoulders and you allow yourself to see the brighter side of things. You sleep better, thus getting more rest and allowing your body and mind to heal. You can free up some thinking time to keep your mind focused on the goals you've set rather than worrying about the past or the future.

When things get too much for you to handle, I always advise that you say the following verse to yourself and follow its sage advice

'I am God. Today I will be handling all of your problems. Please remember that I do not need your help.

If Life happens to deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly put it in the SFGTH (something for God to handle) box. All situations will be resolved, but in My time, not yours.'

Once the matter is placed in the box, do not hold onto it by worrying about it. Instead focus on all the wonderful things that are present in your Life now.

It works for me without fail. The stronger my Faith becomes the more I know that I am not alone and that God will help me through everything in my life. I imagine Him to be sitting at the back of the hall when I give a speech, holding me in his arms when I cry, cradling me to sleep when I'm tired and pinning a gold medal on my jacket when I've achieved.

Imagine a box and put all your cares and worries into it. Wrap it up nicely and hand it over to God and, as it says, don't think about the problems any longer, just know that the answers will come in their own time. Keep an eye out for the signs He will send, and soon you will have the solution to all that troubles you.

I do not know which verse in the Bible this is, but it inspires me to keep the Faith.

'Worry not about what you should eat or drink or what you should wear, for your Heavenly Father knows you need all of these things, but first seek the Kingdom of God and all these things will be given to you.'

May you find the Faith you need to get where you want to go.

Lisa van den Berg is the author of *Alleviate–Stress – How to WIN at the Game of Life!* She also publishes a weekly e–zine 'Empower Your Life!' that's filled with tips and techniques that will help you live the Life you deserve. Subscribe now at <http://www.TheAlternativeRookie.com> !

Live by Faith, Not by Sight

By Daniel N. Brown

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Do you feel like you are experiencing roadblocks to your dreams?
Do you feel like you are striving for something but it just seems to elude you?

Maybe you are a little discouraged and confused about what God wants for you. Do you wonder if God has a plan for your life? And if He does, why does it remain unfulfilled?

There may be a multitude of thoughts running through your mind as you continue day in and day out, repeating the same mundane tasks over and over again, wondering if things will ever change.

You may be frustrated and wondering what your purpose is. Jesus said, "If you can believe, all things are possible to him who believes," (Mark 9:23) and He also said, "According to your faith, be it done unto you." (Matt 9:29)

Friends, we must believe without a doubt that we will have good things in life, that we will be guided to the right situations at the right times, and that we really will see our dreams manifested. We will, if we believe because our faith can move mountains!

God has a wonderful plan for each of His children according to his or her own unique gifts and abilities. (Jeremiah 29:11)
Therefore, we must trust that God is working all things for our benefit according to His plan. (Romans 8:28) It really is just a matter of faith.

The Bible says, "Without faith, it is impossible to please God, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him." (Heb 11:6)

I love the part where it says, "Believe that He is." Believe that He is what? Our Heavenly Father and God Almighty! The author of

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the entire universe. The greatest force that has ever existed. And, He knows right where you are. Every hair on your head is numbered. (Luke 12:7) If you don't have any hair, don't worry, your fuzz is probably numbered.

Living the abundant and prosperous Christian life is really just

a matter of getting out of God's way. Quit trying to always figure things out. Turn off the reasoning and let Him do His work in you, through you, and for you, making you perfect and complete, lacking nothing.

Psalms 18:29 says, "In your strength I can crush an army; with my God I can scale any wall." (NLT)

Decide to have faith in any given situation. Believe everything will work out fine no matter what things may look like. As Christians, we live by faith, not by sight. (2 Cor 5:7) After all, God is the final authority in any given situation and He knows exactly what He wants to do in your life.

Daniel N. Brown is the publisher of the "Living the Abundant and Prosperous Christian Life" Newsletter. A free weekly publication that teaches people how to live the abundant and prosperous Christian life. Receive a free copy of Dan's 14 page report entitled, "5 Biblical Keys to Outrageous Prosperity," when you sign up. www.secretplaceonline.com



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