

Having a bad day?

A day doesn't have to be disastrous to be distressing,

as Jesus recognized in his Sermon on the Mount: "Each day has enough trouble of its own." A death in the family, a fight with your spouse, a medical procedure, a school exam, a conflict with a coworker, the guilt of a disconnected faith—all bring about pressure. Only you and God know the burdens you bear, the stresses and challenges you live with every day. Unfortunately, some of these trials will not change immediately, if ever at all.



But there is help for each day's trials. The selections in *Prayers for People Under Pressure* will encourage you to prepare for and cope with stress and put it to rest. Each topical, Christ-centered prayer has an easy, poetic rhythm. To allow you to dig deeper into God's Word regarding each topic, Scripture references follow each prayer. You will see that in the best of times and the worst of times, prayer is a powerful gift from God.



Prayers for People Under Pressure

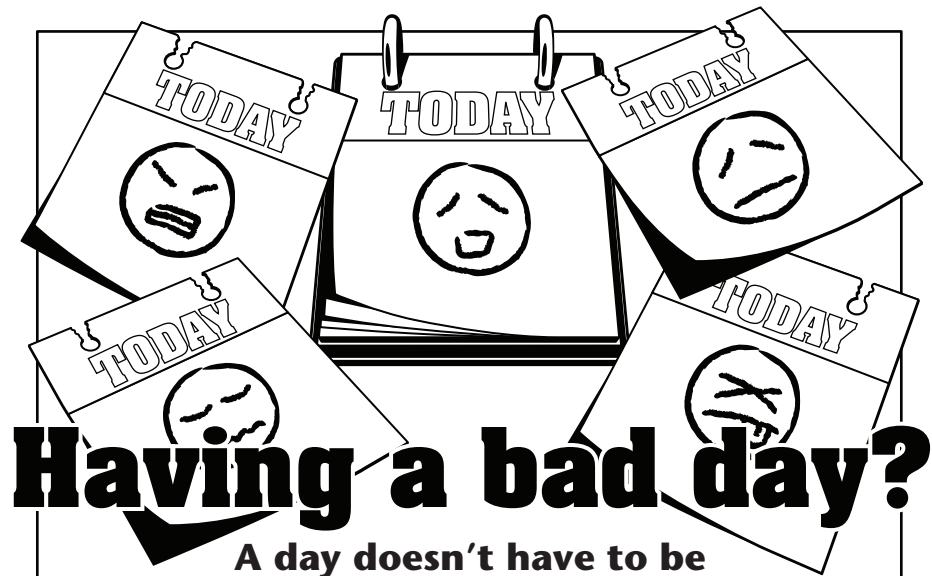
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