

STRESSED

My Child,

It always hurts me to see you worried.

**Stress is a part of life; but you always want to be careful
to recognize what is healthy and normal;
& what is of your own making by refusing to accept.**

Stay close to me in prayer and I can help you see which is which.

**I know it is hard to let go of how you want things to be
and it can be so hard to accept the challenges you face in your earthly life.
That is why I want to be there with you. Trust me!**

Love always, Jesus

**PS– take a look at if you are overextending yourself.
Also remember to seek my wisdom to know what you have to accept and
what you have to change– confusion with this can often lead to stress.**

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