

ellen miller



SPREAD *too* THIN



OPTING *out of*
FRANTIC LIVING

OPTING *in to*
LASTING *peace*



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Spread Too Thin: Opting Out of Frantic Living. Opting In to Lasting Peace.

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INTRODUCTION

THE LATE PASTOR ADRIAN ROGERS once said, “If Satan can’t make you bad, he’ll make you busy.” *Oh my*. If this is true, he’s got his hooks set in a whole society of American women, including me!

At every stage of life and within every demographic—single ladies to those who are married, working gals to stay-at-home moms, freshly minted college graduates to retirees—I hear the same resounding chant: “I’m overwhelmed. I’m exhausted. I’m spread too thin.” From daybreak to sunset, many of us obsessively and frantically cross items off a to-do list that is as long as our leg—only to fall into bed at the end of the day feeling unproductive, unfulfilled, and sometimes even inconsequential in the grand scheme of life. These “distractions”—the things that must be done and even those things we want to do—often prevent us from living a deeply rewarding life. If not managed carefully, even the activities and hobbies we enjoy can override our happiness and rob us of a sense of extraordinary peace.

In the Gospel of John, Jesus said, “I came that they may have life and have it *abundantly*.”¹ Jesus did not lay down his life so that we might spend our waking moments stressed out and diluted. He died for our sins so that we might have eternal life and so that we might live a rich, meaningful, glorious life while we’re here. What disrespect we show when we allow *busy* to trump our *blessed*.

I feel that you and I were destined for this divine appointment by the fact that you are sitting with this book in your hands—a book that God has had on my heart to write for several years. Written specifically

for women who care deeply, love unconditionally, extend themselves selflessly, and work tirelessly, I look forward to our honest exchange about those things beyond our choices or obligations that have us wrung out—such as the baggage that often contributes to and controls the disposition of our hearts, our state of mind, our physical well-being, and most importantly, the condition of our souls. When we sacrifice caring for and feeding any or all of these areas, our patience with others declines, the quality of our love withers, and the extent of our faith becomes shallow. When we're spread too thin, we have a tendency to go flat for everyone, especially ourselves.

As we explore together what drives us, both positively and negatively, we'll likely find some commonality. In the sections "Heart Conditioning" and "Mind Games You Can Win," we will tackle emotions, sins, virtues, and errant thinking that can lead us to exhaustion. Some topics in this section may stir something deep within you—a conviction, perhaps, that an attitude needs to change, or a desire, maybe, to recommit your life to those long-held truths and values that somehow got entombed in the busyness of your life. Negative emotions or thoughts that have held you hostage might be illuminated, allowing you to free yourself from their clutches. And when you feel the stir of the Holy Spirit, I hope you won't suppress it, but instead allow him to move you as you evaluate what attitudes and habits you have that might need to change. If you feel like you're at the end of your rope, I hope you will find the confidence and insight to let go.

But of course, letting go of the rope can be scary if you think there's no one there to catch you! In the sections "Strength Training for the Long Run" and "Soul-Searching for the Abundant Life," we'll look into how exhaustion hijacks some of the most gratifying moments of our days and how we can reclaim our joy by following a better way. Actually, it's the only way. When we let go of our rope and *choose* to live an abundant life with Christ—we find the fall is exhilarating; his net is proven.

As you journey with me, I invite you to celebrate your wins in Christ. Take no pride in your own victory, but praise God for the blessings of

discernment, conviction, redemption, and discipline. Honor and revere these gifts and look for more ways to optimize them in order to live an uncommon life of joy—regardless of your circumstances. We know we are living well when our thoughts and actions glorify God, transforming us from a state of operating within our own power to operating within his.

My process for writing this book began each morning in prayer, humbly asking God to reveal only his desires for your heart, not my own. My petition was for the ability to declare to you, in the clearest way possible, the love, the power, and the promise that is yours through Christ—for I have not the words, but I know he does. Written within these pages are those he has pressed on my mind and heart to share. Now the work is between you and the Holy Spirit. Thus I leave you with this Scripture, the prayer I have prayed over you for months. It is a prayer of enlightenment and empowerment, that you might be encouraged to let go of those things that have you spread too thin in order to live an extraordinary life with all that is at your disposal through him.

I PRAY THAT FROM HIS GLORIOUS, UNLIMITED RESOURCES HE WILL EMPOWER YOU WITH INNER STRENGTH THROUGH HIS SPIRIT. THEN CHRIST WILL MAKE HIS HOME IN YOUR HEARTS AS YOU TRUST IN HIM. YOUR ROOTS WILL GROW DOWN INTO GOD'S LOVE AND KEEP YOU STRONG. AND MAY YOU HAVE THE POWER TO UNDERSTAND, AS ALL GOD'S PEOPLE SHOULD, HOW WIDE, HOW LONG, HOW HIGH, AND HOW DEEP HIS LOVE IS. MAY YOU EXPERIENCE THE LOVE OF CHRIST, THOUGH IT IS TOO GREAT TO UNDERSTAND FULLY. THEN YOU WILL BE MADE COMPLETE WITH ALL THE FULLNESS OF LIFE AND POWER THAT COMES FROM GOD. NOW ALL GLORY TO GOD, WHO IS ABLE, THROUGH HIS MIGHTY POWER AT WORK WITHIN US, TO ACCOMPLISH INFINITELY MORE THAN WE MIGHT ASK OR THINK.

EPHESIANS 3:16-20

In absolute awe of his incredible greatness,

Ellen

PART 1

HEART

Conditioning



DAY 1

OVERWHELMED

Beware the barrenness of a busy life.

SOCRATES

I AM OVERWHELMED. As I write to you today from my home office, I have a half dozen men working downstairs, repairing drywall in our home that is only a year old. As the crew labors to perfect our walls, another crew is outside, making repairs to our irrigation system. This entails digging up our yard, purchasing new plants, and starting all over again. Did I mention this house is only a year old?

As I write to you today while overseeing contractors, I am making final edits to my book *Lord, Have Mercy: Help and Hope for Moms on Their Last Nerve*, which by the time you're reading this will have launched in April of 2017. I have never experienced writing a book while putting the finishing touches on another. I am thankful that the time management of this endeavor is coming together, but I'm finding the allocation of brain cells to be a challenge.

As I write to you today while overseeing contractors and editing a book, I'm also working on our company's three-year strategic plan. To do this, I must lead our executives through a well-structured process that requires me to work weeks ahead of them in order to keep the timeline on track. It's fun, but it's also difficult as I stretch myself and my team professionally.

As I write to you today while overseeing contractors, editing a book, and working on our company's three-year plan, I am also coleading a women's Bible study. This dedicated time of researching and reflecting on God's Word is like warm sourdough bread (with lots of butter!) for

my hungry soul. However, I'm pretty sure it is also contributing to my sleep deprivation.

As I write to you today while overseeing contractors, editing a book, working on our company's three-year plan, and preparing for the next Bible study class, I am helping my husband, Steve, care for his mom, who will be released from the hospital today. In addition, I am preparing myself mentally and physically for our granddaughter's monthly sleepover. (One does not await eight-year-old Ava's arrival; this child is a ball of energy, so one must be *ready!*) The emotional, mental, and physical demands of supporting and loving my family play a pivotal role in my "overwhelmedness" (I know this is not a word, but it should be) on any given day. Nothing can zap me like their disappointment. Nothing can wilt me like an exchange that is anything but joyful and God-honoring.

I am overwhelmed today by the many commitments I have made and the many needs of our family. Some are very good—fulfilling, stimulating, and glorifying to God. However, some have led to my emotional, mental, and physical exhaustion. And all would leave me completely depleted and spread too thin if I wasn't overwhelmed by something far greater than the busyness of life—the grace of God. Every day I'm humbled by his forgiveness, grateful for his counsel through his holy Word, and captivated by his love for me. Because of him I embrace the "overwhelmedness" of not just a busy, but an abundant life.

As we begin our ninety-day journey together, I have a question for you:

- Are you overwhelmed by living in a state of exhaustion, or are you overwhelmed by the grace and glory of God?

O GOD, LISTEN TO MY CRY! HEAR MY PRAYER! FROM THE ENDS OF THE EARTH, I CRY TO YOU FOR HELP WHEN MY HEART IS OVERWHELMED. LEAD ME TO THE TOWERING ROCK OF SAFETY, FOR YOU ARE MY SAFE REFUGE.

PSALM 61:1-3

One state leads to a life of scarcity—days that are a busy, unfulfilling blur. The other state provides a profoundly rewarding life, despite the distractions—even when a landscaping crew is digging up your autumn sage while in full bloom.

DAY 2

WE NEED A FIRE

To live is the rarest thing in the world. Most people exist, that is all.

OSCAR WILDE

STEPPING INTO OUR rented casita in Santa Fe, Steve and I put down our bags and began touring the place. We had chosen this particular home for our mini retreat because it was cute and comfy, located in town, and walking distance to galleries and restaurants. But what had really caught my eye when I researched this property weeks prior was the large wood-burning fireplace.

To take the October chill out of the air, Steve made haste in building a cozy fire for us. Rummaging through the kindling stacked outside the back door, he carefully picked through the sticks and twigs to find those dry enough to easily catch fire. After arranging them in the fireplace, he struck a match, threw it in, and waited patiently. As the fire took hold, he placed dry logs on top, and a crackling blaze ensued. Dragging a comfy, overstuffed chair and ottoman closer to the fireplace, he helped me “set up my office.” With my notebook computer perched on my lap and a cup of tea only an arm’s reach away, I was good to go for an afternoon of writing while he went into town to scout out dinner.

The dancing flames, glowing embers, and I worked beautifully together throughout the afternoon, but only because we were prepared. We had both been kindled.

Living the uncommon life God has called us to is like building a fire. We have to be well prepped in order to get our flame going. Wet or green wood will not light, and logs that are not well seasoned will

not perform to their highest function. And neither will we if our hearts have not been kindled by his Word.

I believe that deep within us our hearts yearn for a gratifying life rather than a diluted existence of never-ending activity. Our minds and bodies long to be still and quiet instead of spinning in the constant state of motion that we allow. Our souls hunger for a revival, for the abundant life God has promised, rather than the daily drudgery of what we have accepted as normal and routine. But to live an abundant life, we must condition our hearts. We must light a fire of desire for something new, something better. And with that desire must come the careful gathering of the kindling of Scripture, the patient building of the flame of understanding, and the quietness of spirit to enjoy the glow of his glory.

THE THIEF COMES ONLY TO STEAL AND KILL AND DESTROY;
I CAME THAT THEY MAY HAVE LIFE, AND HAVE IT ABUNDANTLY.

JOHN 10:10, NASB

Christ gave his very life, dying an excruciating death, so that you and I may have the opportunity and promise of an abundant life. The Father and Son paid a huge ransom for this great inheritance that awaits us here on earth and for eternity, yet we continue to live sparsely as paupers rather than richly as queens.

As you consider this gift of abundant life given to us through Jesus, take a moment to answer these questions:

- Have you thought about this rich inheritance that has been promised to you?
- Have you claimed it?
- If not, what lifestyle changes might be required for you to cash in?

It might be time to gather some twigs and light a match. When the truth burns within us, the abundant life begins.

DAY 3

RESTORATION

*My deepest awareness of myself is that I am deeply loved by Jesus Christ
and I have done nothing to earn it or deserve it.*

BRENNAN MANNING, *The Ragamuffin Gospel*

STEVE AND I ARE serial remodelers and builders. We love having the opportunity and challenge of breathing new life into old homes. One of our many houses over the years was a midcentury modern home built in 1960. This house was a complete throwback to another era; you could hear Frank Sinatra singing from the minute you hit the front door (and the stereo wasn't even on)! With walls of stone and glass, and multiple levels to deal with, this house was a wreck when we bought her. Oh, her bones were good. The floor plan and vaulted ceilings, along with the room sizes and proportion, were perfect. The old girl even sat on a gorgeous wooded lot. But her white stone walls had yellowed from thirty-five years of cigarette smoke, her single-pane glass made her drafty, and the kitchen was something out of, well . . . 1960! She needed some serious restoration.

But then sometimes we do, too, don't we? We have good "bones"—we're good people at our core—but sometimes those bones get creaky, stiff, and even stressed to the point of breaking. Answering the demands of our family and friends can take its toll on us emotionally. We hear ourselves snap at someone we love dearly, be dismissive, or even give a sarcastic reply, and we think, *Who said that?* or *What's come over me?* When the edginess becomes a habit, we might think, *I don't even like the person I have become.* I know this because it has happened to me—more than once. Then I begin to feel guilty. And then I mentally

berate myself. And then I feel like a loser. And then, well . . . you get the picture.

It is in these moments when we're spread too thin by our own commitments and the demands of others that we must remember two things: First, we are sinners—we're gonna mess up, and likely we're going to feel bad when we do. And second, we're loved by Christ regardless of what we have or have not done. Even though we're getting older by the moment, just like our old girl in East Dallas, Christ has everything he needs to restore us to the beauty we were created for, if we'll open up the doors of our hearts and let him scrub us clean. The restoration of our emotional health begins when we stop to recognize those things that contribute to our emotional frailty. Our joy is revived in the simple things when we stop to acknowledge them and become grateful for them in the moment. Our passion for living is renewed when we decide to hush that constant hum of doing, thinking, and worrying, and instead listen to God's faithful promises.

As you consider your personal revitalization project, take a few moments to answer these questions:

- Do you see how being spread too thin affects your emotional stability?
- Have you ever thought, *I don't like who I've become?*
- What areas of your heart would you like to see restored or given new life?

RESTORE TO ME THE JOY OF YOUR SALVATION AND GRANT ME
A WILLING SPIRIT, TO SUSTAIN ME.

PSALM 51:12, NIV

It took a long time, a lot of Scrubbing Bubbles, and an army of contractors, but we brought that classic home in East Dallas back to her original glory. Your restoration in Christ will bring you back to yours, too.

DAY 4

UNINTENDED CONSEQUENCES

*A consciousness of wrongdoing is the first step to salvation . . .
you have to catch yourself doing it before you can correct it.*

SENECA THE YOUNGER

IT WAS LIKELY A BIT cool on that beautiful July evening in 2016 in Garrapata State Park, California. I can only imagine the crackling fire offered a cozy setting for the hikers who gathered around it. They had positioned themselves at a scenic spot, where Soberanes Creek meets another nearby waterway. To this day, it isn't clear if the two-by-two-foot campfire was built by one person or more; however, whoever was responsible must have watched with horror at the unintended consequences of their actions: Hundreds evacuated; two thousand homes in the path of the wildfire, with fifty-seven homes completely destroyed; more than one hundred thousand acres scorched; and one life lost in what would soon be known as the Soberanes fire.

The campfire was illegal. This the hikers had to know due to the serious and well-publicized drought conditions in California. But they ignored the warning signs. They wanted what they wanted—what they thought seemed reasonable—a lovely fire on a chilly evening.

It's easy to sit in judgment of the guilty party, but I'm afraid we often operate from a similar mind-set. We desire, strive for, and sometimes even convince ourselves that we deserve more, while ignoring the warning signs that our actions are scorching the abundant life intended for us. When we become overly focused on accomplishing our personal, familial, and professional goals, we can unconsciously adopt

negative attitudes, wayward thinking, and bad habits that rob us of peace and joy. The foundational motive of the goal—the original spark of happiness—gets unwittingly displaced by selfishness that leads to damaged relationships. Or it is replaced with day-to-day busyness that leads to exhaustion. It's like the campfire—we intend the outcome of our goals for good, but getting there can lead to an aftermath of personal and spiritual destruction.

This heart condition often leads to barren living. It produces an anxiousness that we allow to slowly creep into our psyches and that later becomes our basic mode of operation. This anxiousness is the tinder for a fire that will not light us up, but will, over time, burn us out. However, searching our hearts objectively opens a path for the Holy Spirit to come in and help us identify and extinguish this flame of destruction in order to claim and live the fulfilling life Christ has promised—a life filled with mornings in which we awaken with contented hearts that have finally tamed unbridled cravings; a life in which anxious, restless nights are replaced by the sweet spirit of peace that only comes from walking in faith. Does this sound like a heavenly dream? It's actually yours, if you want it.

Here are some “heart check” questions for you today:

- Are there warning signs in your life, such as rocky relationships or a health condition, that you have been ignoring?
- Can you identify wayward thinking or bad habits that consistently rob you of joy and peace?
- Is an anxious spirit affecting your daily interactions and thoughts?
- Have you called on the Holy Spirit to help you with this condition of your heart?

SEARCH ME, O GOD, AND KNOW MY HEART; TEST ME AND KNOW MY ANXIOUS THOUGHTS.

PSALM 139:23

If the hikers responsible for the Soberanes fire are ever identified, they will likely face charges of negligence and possibly manslaughter for the devastation they wreaked. Let's not ignore our own warning signs. Unintended consequences can rob us of the abundant life.

DAY 5

HUNGRY FOR MORE

I recently learned a new word: insatiable. That's me.

NATALIA MAKAROVA

MANY OF US WOULD probably not describe ourselves as having a ravenous need or a persistent yearning for more (although I did just buy a new pair of Nike tennis shoes that are so comfortable and cute, I have convinced myself that I *need* a second pair).

But, as Americans, many of us lean to the side of materialism and ladder-climbing—investing more money and time than we should in the pursuit of acquiring external things and professional advancement. This is a common issue we must work daily to counter to prevent our desires from becoming an insatiable appetite for more. It's this mindset and behavior that is a threat to experiencing the life Christ has promised.

Many years ago I met a child who had been diagnosed with Prader-Willi syndrome. One of the debilitating symptoms of this genetic disorder is an endless feeling of hunger. My heart broke for the little boy who had just finished his meal but sat weeping because he was still so hungry. His parents had fed him, but the little guy's mind could not register that his tummy had been filled.

How often do we approach life in a similar manner? We enjoy our current jobs, but we have an endless hunger for a promotion. Our boss has just given us a wonderful review, but we're already pining for the next bit of recognition. This endless striving feeds our frantic life. So often we're deceived because a rewarding, satisfying life is disguised as a buffet of "more."

But unlike my little friend, our condition is not associated with a malfunction in the hypothalamus; ours is a malfunction of the heart. Our Father has fed us everything we could possibly need and more, but we often feel or act as though we're starving. Our insatiable appetites drive us to the end of a rope, where we lose sight of the things we do have that are good and meaningful and eternal. And where there is an absence of gratitude for our blessings (including but beyond material things), there is no lasting peace. To claim our eternal inheritance, we have to let go of the worldly things we've grasped so tightly and cling to his unending devotion, perfect peace, and promises given to us by trusting that he knows better than we do about those things that are truly good and perfect for our lives. Sister, sometimes that corner office or relationship with that particular guy is not what's best for us. Trust God—he knows the disastrous outcomes we cannot see and has blessings in store for us that we cannot even imagine.

Let's do a quick gut check on our insatiable appetites:

- Do you find yourself thinking obsessively about how you can get ahead?
- Do you think a prestigious job, a different social circle, or a nicer neighborhood will “fill” you?
- Are you convinced that something, some person, or some achievement will bring you the joy you lack?

THE WORLD OFFERS ONLY A CRAVING FOR PHYSICAL PLEASURE,
A CRAVING FOR EVERYTHING WE SEE, AND PRIDE IN OUR
ACHIEVEMENTS AND POSSESSIONS. THESE ARE NOT FROM THE
FATHER, BUT ARE FROM THIS WORLD.

1 JOHN 2:16

This heart condition that causes us to be spread too thin has also been called lust and gluttony. Feed your appetite and cravings with eternal nutrients, not empty temporal snacks.

DAY 6

THE BOY WITH THE BACKPACK

I have so much to do that I shall spend the first three hours in prayer.

MARTIN LUTHER

LAST SUMMER, Steve and I vacationed in San Miguel de Allende, Mexico. A UNESCO World Heritage destination, the area is rich in history, architecture, and art, as was evidenced by the Parroquia de San Miguel Arcángel, the local church. Built in the early 1700s and given an updated facade in the late 1800s, it serves as a majestic centerpiece for the quaint city. La Parroquia—the parish church—as it’s most commonly called, is stunning. The exterior, clad in pink limestone, changes colors throughout the day as the sun rises and sets. But as we toured the church, there was nothing more breathtaking than the boy with the backpack.

Steve and I had woven our way through the church, taking in the culturally significant art and architectural detail, and headed for the main church doors that serve as both the entrance to and exit from the sanctuary. There, kneeling at the second pew, was a young man no older than seventeen or eighteen. His head was bowed, his lips moved in fervent prayer, and tears were streaming down his face. As I silently walked past, praying with him and for him, tears flooded my eyes. His need to drop to his knees was so imperative, he hadn’t even taken the time to remove his overstuffed backpack that burdened his shoulders. Watching him, I thought at that moment, *This is the way we should pray. Urgently. Passionately. Reverently.*

But so often we’re *too busy*. Too busy to take a few quiet moments, too busy to kneel, and certainly too busy to pour out our hearts.

Instead, we say a prayer as we run out the door because that's all our diluted lives allow. But how desperately we need to stop and pray like that young man.

I appreciate the fact that many of my readers are not “church ladies,” so the concept of fervent prayer might be a bit confusing. Let me share with you a well-known method called ACTS, a favorite of mine, that many Christians practice. The four-step guide goes like this:

- A: *Adoration*. Open your prayer with how much you love God and respect him. Praise him for who he is. Acknowledge that he is God. Note: You might begin to feel very small.
- C: *Confession*. Open your heart to God and tell him you're sorry for something you said or thought or did that you know was not pleasing to him. By asking for his forgiveness, you'll know you don't need to carry your sins anymore.
- T: *Thanksgiving*. State clearly your gratitude to God for loving you, protecting you, providing for your salvation from hell, and for all his provisions. Just say thanks. You might begin to tear up, and if so, that's okay.
- S: *Supplication*. Ask for his mercy, grace, and blessings on your work, family, and friends. Ask specifically about the challenges and areas where you need his divine intervention. When you feel empowered and relieved, you'll know he's already at work.

Here are a couple of questions for you to ponder today:

- If prayer is key to achieving this new standard of living, are you willing to prioritize your prayer time?
- When you pray, will you attempt to use the ACTS method, which begins with a time of pure worship and thanksgiving, rather than a list of requests?

HEAR ME AS I PRAY, O LORD. BE MERCIFUL AND ANSWER ME!
MY HEART HAS HEARD YOU SAY, "COME AND TALK WITH ME."
AND MY HEART RESPONDS, "LORD, I AM COMING."

PSALM 27:7-8

I can't help wondering what the boy with the backpack was praying. Were those tears of praise for an answered prayer? Was he petitioning God on behalf of someone else? Was he asking forgiveness or maybe saying a prayer of repentance and rededication? I will never know. Oh, but I do know he was in the company of the Almighty.

DAY 7

IT'S THE GREENS

*Worry is not believing God will get it right,
and bitterness is believing God got it wrong.*

TIM KELLER

LAST WEEK I PULLED from the refrigerator and assembled everything I needed for a scrumptious salad: deep-red cherry tomatoes still hanging from a vine, a crisp English cucumber, a sweet purple onion, a thinly sliced bell pepper (orange as a pumpkin in October), and my favorite salad splurge—avocado. I tossed the “goody” ingredients with the “base”—a mixed concoction of romaine, radicchio, and arugula—and topped it all with a light vinaigrette. I don’t want to brag, but the salad was gorgeous; it looked like spring in a bowl! Unfortunately it tasted like how my grandmother’s quilt smells (a family heirloom that has been sitting in storage for more than forty years).

Although all of the vegetables were fresh, the lettuces were bitter. So bitter, in fact, that my delicious toppings would not disguise the harsh taste. Everything yummy and creative and beautiful in the salad was completely overwhelmed by the darn greens! Just a few bites in, I knew I couldn’t stomach the rest. Sister, a bitter heart can overpower everything good around us, too, if we’re not careful.

Dr. Stephen A. Diamond, a writer for *Psychology Today*, states, “*Bitterness*, which I define as a chronic and pervasive state of smoldering resentment, is one of the most destructive and toxic of human emotions.”² A “pervasive state of smoldering resentment” sure sounds like a heart-stopper to me! And, toxic! This man, an expert in the field, calls bitterness a poison, and I believe him. I’ve watched many a beautiful

woman turn ugly from the inside out. Bitterness starts with a crushing disappointment or a deep hurt that, over time, is allowed by its “host” to fester. The toxin simmers and stews in our hearts, coming to a slow boil that eventually cooks our joy. Make no mistake, this heart condition will kill any and all hope of living a life of lasting peace.

Resolving a disappointment or, worse, a dream lost, is required to embrace a life lived abundantly. I know of no one who operates in states of joy and bitterness simultaneously. It’s like my salad of tasty toppings and harsh greens: The two don’t mix. Bitterness will overpower everything meaningful to us until we decide we cannot keep living this way. It is then that we must petition Christ to heal our hearts so that we might recognize and claim the joy he gives us through our inheritance.

Could the poison of bitterness be hindering your broken heart from healing? Ask yourself,

- Who or what in my life causes me to be resentful?
- Is there anything beneficial to be gained by holding on to this?
- What would be the worst thing that could happen if I just laid this down at the feet of Christ?

EACH HEART KNOWS ITS OWN BITTERNESS, AND NO ONE ELSE
CAN FULLY SHARE ITS JOY.

PROVERBS 14:10

The inheritance of abundance is ours to savor. Don’t leave the good stuff on your plate.