

INSIGHTS



BY DR. DENNIS BURKE

TURN STRESS INTO SUCCESS

*In our current high-stress environment, we must set a guard over our **mind** as well as our **words** to keep ourselves saturated with the water of God's Word.*

THROUGHOUT THE DAY, EACH OF US HAS AN ONGOING INNER DIALOGUE.

We review important matters of the day, rehearsing conversations we've had and how we could have said things better, examining opinions people have expressed, and wondering what we're going to face over the next few days. And all of this may only take 5 minutes, possibly less. We can stress over petty things as if they are monumental.

And we can have a mental session to justify our actions over anyone's complaints.

As common as all of this may seem it can be a means of limiting yourself. Of course, we are going to have the mental conversations to address the daily demands of living and making decisions. Yet, if that is all we do, those inner conversations are going to frame our world without God's influence entering the equation. All those inner stresses gain strength when they continue to roll over and over in our mind. We can get so stuck in our issues that we leave out the One who can turn the stress into success.

In Christ, we can turn those stress-filled thought patterns (our inner dialogue) into building blocks for



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**OUR
WORDS
CREATE.**
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success. It is the Word of God in our minds and our mouths that contains the life altering power we need.

Brain-scans even show that meditating on positive thoughts, feelings, and outcomes can be more powerful than any drug in the world, even when it comes to changing habits, behaviors, or beliefs. Scientific studies say the entire process is driven by the words we focus on. When we change the way we use our inner dialogue, we change our thoughts, feelings, and behavior.*

When this inner dialogue shifts from the cares and pressures of life onto the treasures like the peace or joy we have within, our entire being will respond. Peace will replace anxiety, faith will overcome fears, and God's presence will bring His calm confidence.

We should take this beyond an entirely internal experience. By declaring His Word, we set in motion God's creative power flowing out of us to bring an impact around us.

Jesus said, "A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks" (Luke 6:45 NKJV).

We choose to bring out of our own heart the good treasures God has deposited within us. It is so much more than speaking positively. Of

course it's positive, but it is also creative. We have God's creative 'life substance' infused within us. Proverbs calls it the springs of life.

"Keep your heart with all diligence, for out of it spring the issues of life" (Proverbs 4:23 NKJV).

Jesus spoke of this life flow in John 7:38, "He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." Our words are containers, and we fill them with what we choose. We fill them with faith, hope, and love or anxiety, strife, contempt, and bitterness.

My good friend, Jim Frease says it this way, "Don't use your words to *describe* your life: use your words to *design* your life!" Our words create. Our words act like magnets and pull what we say toward us to produce what we have said. Our words set the course of our life to move us in the direction of the words we speak.

Jesus said it best in Mark 11:23, "For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does

not doubt in his heart, but believes that those things he says will be done, he will have whatever he says."

Let me remind you that in this verse Jesus spoke of what we "say" three times and what we believe only once. Certainly, believing right is vital. Yet, there is more to it, we must speak it. Consistently. Power for change is released with our faith-filled words.

The Apostle Paul says it this way, "And since we have the same spirit of faith, according to what is written, 'I believed and therefore I spoke,' we also believe and therefore speak" (2 Corinthians 4:13 NKJV).

With faith we speak things we believe even when what we say contradicts the way we feel. This is not to say that we lie about anything. We are not attempting to deceive someone. But we are using our God-given authority to declare His Word and His will about the situation even if it contradicts the feelings we have or the appearance of things. This is not to deny feelings or

appearances, but it is to deny them the right to dominate our life.

Job 22:28 says, "You will also declare a thing, and it will be established for you; So light will shine on your ways."

Recently I heard my friend Dr. Neecie Moore say it this way:

- Be mindful of your **thoughts** for they become your emotions.
- Be mindful of your **emotions** for they become your actions.
- Be mindful of your **actions** for they become your habits.
- Be mindful of your **habits** for they become your character.
- Be mindful of your **character** because it becomes the life you live.

Our mindset gets the ball rolling so to speak. We can turn our stressful thoughts into steppingstones of success. The choice to use God's Word as our declaration will position us immediately onto a Holy Spirit lighted pathway. With our commitment to stay on the pathway, our

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Naples, FL 34114 | 239-693-2484

BAKERSFIELD, CA | JANUARY 12

Kern Christian Center | 4701 Gosford Road
Bakersfield, CA 93313 | 661-664-1000

MCKINNEY, TX | JANUARY 19

Genesis Church | 5780 Virginia Parkway
McKinney, TX 75071 | 972-562-9333

BROOKLYN PARK, MN | JANUARY 25-26

Living Word Christian Center | 9201 75th Avenue North
Brooklyn Park, MN 55423 | 763-315-7000

JEFFERSON, SC | FEBRUARY 2

Faith Family Church | 5779 Mt. Pisgah Road
Jefferson, SC 29718 | 803-475-7374

VISALIA, CA | MARCH 2

West Coast Believers Center | 3737 Walnut Avenue
Visalia, CA 93277 | 559-732-4791

PUNTA GORDA, FL | MARCH 9-11

New Life Family Worship | 28330 Bermont Road
Punta Gorda, FL 33982 | 941-639-1700



TESTIMONIES

“God keeps covenant according to His Word. His blood covers and destruction passes by.”

God is a great God who watches over His Word to perform it. During Hurricane Milton's landfall, the side of the storm we were on fell apart. North and east of us had considerable

damage. It was like it was only half a storm. The half on our side basically disappeared. We had some rain and winds never exceeded 45 mph. We, our church family, our kids, and grandkids had no damage, and all are safe. God keeps covenant according to His Word. His blood covers and destruction passes by. We certainly appreciate all your prayers. It is the corporate anointing in operation. It is never a matter of standing alone. Great power in agreement.

—B.R./Punta Gorda, FL

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emotions, actions, and habits will follow.

Proverbs says, “Death and life are in the power of the tongue, and those who love it will eat its fruits” (Proverbs 18:21 ESV).

The power of life is in the words we speak. This power

starts as thoughts and is released with our words.

In our current high-stress environment, we must set a guard over our mind as well as our words to keep ourselves saturated with the water of God’s Word.

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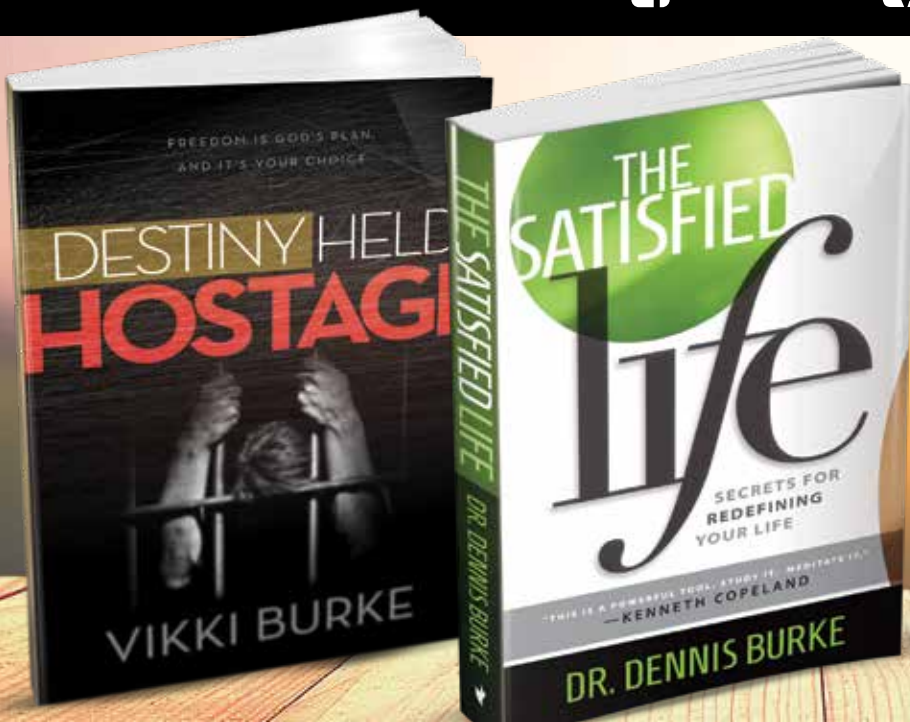
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