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A

HUGE

~~Relief~~  
Relief

If you combine unrealistic expectations with the need to control you will always get something that looks like stress, fear, resentment, anger, depression, anxiety, exhaustion, burnout, etc. as a result. We're often driven by a lust for achievement and approval—if we succeed, then perhaps our craving for admiration and respect will be satiated—maybe then we'll feel competent and confident. On a more personal level, we say: "I need to deal with my past, get a hold of my insecurity and people pleasing tendencies, get rid of this addiction that rules my life. I need to figure where I'm headed—school, career, dating relationship, marriage, kids. I ought to be a good steward of my money (avoid debt, give, invest), my body (diet and exercise is mandatory), the earth (reduce, reuse, recycle). I should read the Bible and pray more, develop more relationships with unbelievers, be more involved at church, serve more." We're ruled by the notion that we should stop being so lazy and be more productive. We act as if everything depends on us. And where is God in all of this? Good question! Where IS God in all this madness? We're not sure, but I bet if you give us a second, we'll be able to figure Him out.

STOP! Yeah, I mean YOU! STOP IT!!! Stop your multitasking for a few minutes, take a few deep breaths, and really consider: Where is God in the madness of what I call life? Coming up blank? Don't be discouraged—He IS there. Here are a few suggestions that will help you quiet down and reconnect with the One who brings true meaning to life.

#1  
Ask God to  
increase your  
awareness of  
His presence.

## 1. Ask God to increase your awareness of His Presence.

God is like water. The thing about water is that it's so basic. Our bodies are approximately 65% water, and plants are 90% water. On the larger scale, 75% of the earth is covered with water and it's a unique factor specific to earth's atmosphere. Water is all around us, it's in us. We consume it continuously, and yet most of the time we're unaware of