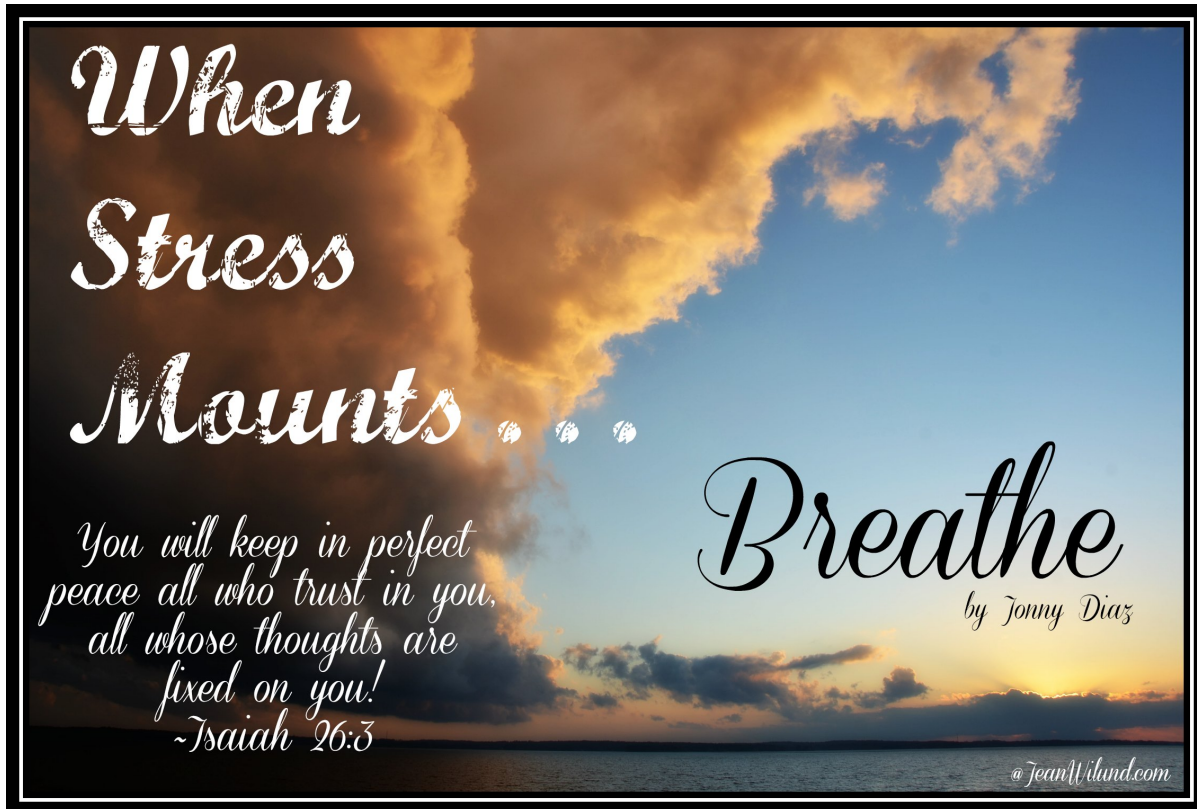


# When Stress Mounts – BREATHE by Jonny Diaz (Monday Music)



Is your stress mounting? Mine is.

*Breathe.*

I have more deadlines than time to meet them.

*Breathe.*

What if I can't meet them?

*Breathe.*

I'm breathing all right. I'm breathing so fast, I might hyperventilate.

***"You will keep in***

***perfect peace***

***all who trust in You,***

***all whose thoughts are***

***fixed on You!"***

***~ Isaiah 26:3***

When the storm clouds of stress mount, we can look beyond the storm to the Light ... and breathe.

I can't meet all my deadlines, but I can trust God to lead me each step.

If it's to be, He'll do it.

If it's not, all the stress and work won't make a difference.

We can trust God with our hopes, dreams, deadlines and results.

*Don't stress. Breathe.*

Relax and listen to Jonny Diaz's music video *Breathe* and let the light of God's peace break through your stress today.

[When stress mounts, breathe. Listen to #Breathe by @jonnydiaz #MondayMusic #PeaceOfGod Click To Tweet](#)