

OVERCOMING STRUGGLES IN YOUR LIFE!!

Whether you are a new Christian or a Christian who is struggling in their walk (which we all do at times to some degree) it is important to know a simple way to get on track. Often times, we make simple things complex & complex things simple. When we are struggling with something in our lives whether it is compulsive behavior, an addiction, our sinful nature, wrong thinking, lust, pride, etc. here is a simple method that can be learned in order to get ourselves on track & “catch” the wrong thoughts quicker (as we trust in Jesus):

B - R - A - Y

(an acronym to help us remember the process)

1. **BREATHE (deeply):** Close your mouth, and BREATHE DEEPLY through your nose deep into your stomach. Focus on your breathing. This helps slow us down and get our thinking on track.
2. **REBUKE (outloud):** **"Satan, you and your demons get away from me and go to Jesus."**
3. **ASK:** **"Holy Spirit, come fall upon me. Fill me in my spirit, my soul (mind, will, emotions), and throughout my body. Keep filling me Holy Spirit. I need You!!! I believe You are filling me."**
4. **YIELD:** Now, keep breathing & FIX YOUR EYES & THOUGHTS on Jesus!! Replace any wrong thoughts that come into your mind immediately with your breathing & Jesus!!

For further growth if you are serious about your Christianity see:

DEVOTIONAL: www.altogetherlovely.org see: [P.R.A.Y.](#)

DISCIPESHIP: www.altogetherlovely.org/discipleship

**May God bless you & keep you!!
JESUS is "Altogether Lovely"**



For further help see: www.altogetherlovely.org

Prayer line: 1-800-700-7000

JESUS LOVES YOU!!

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