

DAY 3 – *Patience in the Pressure*

SCRIPTURE TO READ:

Romans 12:12

(Optional Additional Reading: *Philippians 4:6–7; Psalm 37:7*)

THINK IT THROUGH:

Pressure reveals what's leading your heart. When feelings lead, pressure brings panic. When faith leads, pressure produces patience. Prayer is where emotional surrender happens—it's where frustration turns into faith and tension turns into trust. Emotional health doesn't mean you never feel stressed; it means you take every emotion to God before you take it out on others.

PUT IT INTO PRACTICE:

Before making a stressful decision today, pause for thirty seconds of silence and pray: "Lord, help me respond, not react." That pause is where patience begins.

PRAYER FOR TODAY:

"God, You know my pressures and my pace. Teach me to trust Your timing and find rest in Your control. Let prayer become my first reaction, not my last resort." Amen.

GO FURTHER

At the end of the day, reflect: Where did I pause and pray instead of reacting today?



East Auburn Baptist Church

