

10 Tension Tamers

from “The Tension of Tidy”
By Hilary Bernstein

What are you questing after? Stop and consider how and why you pursue it. Since your time on earth is temporary, why do you invest so much into pursuing this?

Tensions from pleasing people are real. But they’re not impossible to overcome. If you feel pressure to keep up with others, what could you do this week to try to stay in your own lane?.

What are some of your nonnegotiable daily chores? What two or three tasks do you know you need to accomplish every single day?

If you find it easier to focus on your to-do list instead of the relationships in your life, add a note to your to-do list to “Choose people over things.” Consistently make the conscious choice to prioritize relationship and, it will eventually become a habit.

As a good steward, how can you best care for your space in the time that you have?

When your world turns upside down, where do you look for comfort? In times of chaos, where do you turn for security or significance?

When you're aware that your life is about to enter a busy season, it's a perfect time to assess the state of your home. What do you need to do in your home to prepare?

If you notice that you're trusting in your wealth or boasting in the abundance of your riches, remember this: The world encourages you to believe having the nicest home and best belongings will bring fulfillment, but that's a lie as old as the one the ancient Egyptians believed.

Take a moment to examine your commitments:

- What opportunities are undeniably from the Lord?
- Are any opportunities being pursued for selfish reasons?
- Do your opportunities bring glory to the Lord or yourself?

David's top three instructions in Psalm 37 are essential for a fearless life: 1. Do good. 2. Don't fret. 3. Wait for the Lord. What would your life look like if you were committed to doing good? Choosing not to fret? Waiting for the Lord?

For more tension tamers, read Hilary Bernstein's book, "The Tension of Tidy," available in bookstores.