

1) Realize my worth

I Peter 2⁹ “But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.”

2) Enjoy what I already have

Ecclesiastes 4⁶ “Better one handful with tranquility than two handfuls with toil and chasing after the wind.”

3) Limit my labor and activities

Exodus 20⁹⁻¹⁰ “Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God...”

4) Adjust my values

Ecclesiastes 4⁴ “And I saw that all labor and all achievement spring from man’s envy of his neighbor. This too is meaningless, a chasing after the wind.”

5) Exchange my pressure for God’s peace

Psalms 23²⁻³ “He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.”