

The things you need most in life, require participation with God.

1 Peter 5:6-7 says to “cast all your anxieties on him, because he cares for you.
Psalms 62:8 says to “...pour out your heart before him, God is a refuge for us all.”

Our high places are the places we run when we don't feel secure.

Pain was always meant to be information, not our meditation.

B.L.A.S.T Boredom, Loneliness, Anxiety, Stress, and Tiredness

Pain tells us when something is wrong.

Physical Pain tells me that something is wrong with my body.

Emotional pain tells me something is wrong with my soul.

Your place of recovery is in the place of your pain.

Philippians 4:4-7 “Rejoice in the Lord always; again, I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

An Exchange has to be Made.

“...where sin fractures what we build, fractures our systems, fractures everything seen and unseen, when we get pulled back into the life of God through salvation, he reorders us to participate in our original purpose which is to push back darkness, establish order and light for the flourishing of humanity.
- James Davidson Hunter.

Altars of remembrance are a symbol of God's faithfulness in the midst of the wilderness, change, and transition.

Where is God wanting His name to be remembered in your life?

Devotion to Jesus addresses the issue and propels you forward in your true identity and purpose.

Distractions will only keep you from ever getting out of the sick cycle you're in.