



WORDS THAT
change
EVERYTHING

Speaking Truth to Your Soul

Karen Jordan

“Karen provides emotional insights and spiritual wisdom to help us navigate challenging moments when we question conventional rationale and ourselves. She points us to solid anchors that will hold us steady when the storms of life hit.”

—**Anita Agers Brooks**, inspirational business/life coach, common trauma expert, and author of Readers’ Favorite International Book Award winner, *Getting Through What You Can’t Get Over*

“As a woman who has been where so many lost, confused, and hungry Christians are in these troubled times, Karen is a trustworthy guide for those who wish to discover the will of God for their lives in the beautiful and sometimes painful narratives of their faith.”

—**Dr. Charles M. Anderson**, Dept. of Rhetoric and Writing, University of Arkansas at Little Rock

“After reading this book I felt like I had been with a childhood friend; the kind of friend you know everything about and who knows everything about you. Karen is an excellent writer and storyteller, but it’s her vulnerability that makes this book so unique. This book felt like a Christian SparkNotes on the topic of women and worry.”

—**Lucille Zimmerman**, licensed professional counselor and author of *Renewed*

“Karen will guide you on how to commune with God and how to overcome the fear and unbelief that cripples so many Christians. Discover God’s peace and REST through this journey of true life experiences seen through the lens of Scripture.”

—**Mike Huckabee**, former Governor of Arkansas

“Karen Jordan will change your thinking and your heart. She skillfully shows how to recognize the ‘Red Flags’ of negative self-talk and helps us speak Grace-talk as we walk with God through his Word. Karen’s encouragement and vulnerability in sharing her stories reveals we are not in the battle alone. You will be grateful you joined this journey.”

—**Dr. Rodney Coe**, pastor, author of *The Rise of the Prophet*, and founder of liftupyourday.com

“Karen Jordan knows that words can change everything because she has experienced the power of God’s life-changing Word in her own life. In this book, you will discover the elements of powerful prayer, purposeful faith, and a close walk with God.”

—**Debbie Moore**, Women’s Missions Discipleship Consultant, Arkansas Baptist State Convention

“Karen not only identifies the problem of negative self-talk and the anxiety it produces, she also shares doable solutions. She connects with the reader on many levels because she has overcome this herself. Many lives will benefit from the wisdom found between the pages of this book.”

—**Linda Apple**, author and Arkansas regional speaker trainer for Stonecroft Ministries

“Karen shares her spiritual journey in a voice that is honest, unpretentious, and inspiring. You will be blessed by your encounter with her.”

—**Dr. Sally Crisp**, Dept. of Rhetoric and Writing, University of Arkansas at Little Rock

“Drawing upon biblical truth that has taught her how to trust God for answers in life’s ‘waiting rooms,’ Karen identifies red flags that might cause us to raise a *white flag* of despair. Then she offers original, easy-to-remember strategies such as ‘Grace Talk’ to help us learn to rest in God.”

—**Carolyn Goss**, owner/partner of GoodEditors.com, co-author of multiple books, including *Equipped to Win*, as well as editor of numerous other works

“This book is a much-needed resource full of practical, biblical advice for any woman longing to win the spiritual battle over worry. By weaving her personal stories throughout the manuscript, Jordan comes alongside the reader as a fellow struggler, not an ‘expert’ who has it all together.”

—**Dena Dyer**, professional speaker and musician, award-winning author of *Wounded Women of the Bible* and other books

“Karen has hit a grand-slam home run with *Words That Change Everything*. I will certainly encourage my clients/counselees to read this book. It’s encouraging, inspirational, and instructional.”

—**Dr. J. D. Stake**, LPC LMFT, retired Director of Counseling for the Arkansas Baptist State Convention

“As followers of Jesus, our new hearts long to follow our Savior obediently, and our sincere desire is that we would also be effective in prayer. With Karen’s help, we can find confidence in both.”

—**Shelley Hendrix**, author and speaker, founder of Church 4 Chicks

“For those who feel overwhelmed, exhausted, and weighed down by worries that so easily paralyze the soul, I encourage you to read this book and find the REST you have long desired in the comforting embrace of a Savior who invites you to cast all your worries on him and find peace.”

—**Shawn Barnard**, lead pastor of Crossgate Church, author of *The Tabernacle* DVD study

“Karen encourages you to examine your life and know that God can set you free from the chains of negative thinking. This book will help you identify thoughts that cause worry or anxiety.”

—**Andrea Lennon**, author and women’s ministry speaker, True Vine Ministry, women’s ministry specialist for the Arkansas Baptist State Convention

“Anger, fear, unbelief, anxiety—need relief from any of those? Find it here as Karen uses God’s Word to guide us to solid answers for real issues. *Words That Change Everything* might just . . . well . . . *change everything!*”

—**Rhonda Rhea**, humor columnist, TV host, author of *How Many Lightbulbs Does It Take to Change a Person?*

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Words That Change Everything

Speaking God's Truth to Your Soul

Words are powerful; take them seriously. (Matt. 12:37 The Message)

In recent years, everyone seems to be worried about something. We can't browse the Internet or turn on the TV news at night without being confronted with shocking stories. The media often provokes red flag emotional responses of worry, anxiety, fear, and panic with their sensationalized headlines, exaggerated news, and debilitating political gossip. And during our culture's most recent days, many of us have seen devastating events unfold in our own homes with our families.

A few years ago, it seemed as if I was camped in a hospital waiting room all the time. And the weight of the burdens inflicted a toxic toll on my health and attitude about life and the future.

Are you searching for an emergency exit to escape from a waiting room right now? Do you want to avoid wading through and enduring more of those same old sad stories? Do you want to forget about your own painful days? I do.

While drafting this book, I doubted my ability to deal with the subject of worry. I became exhausted just thinking about revealing my feelings. And exposing my dirty laundry in public seemed dangerous to me.

Yet I've learned crucial lessons in the waiting rooms of my life.

As I coped with my mother's impending death a few years ago, I searched for solace in every book I could find. And I discovered what I needed in God's Word. When all hope seemed lost, I adopted a powerful strategy for prayer and spiritual rest offered in the Bible:

The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally . . . sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (Phil. 4:5–9 NIV)

Overview

Since most of life's waiting room experiences interweave both emotional highs and lows, I present *Words That Change Everything* in three distinct parts:

- *Part One—Red Flags.* Through personal stories and biblical application, this section suggests problem-solving

strategies that can help you navigate negative self-talk and overwhelming worry. We will examine the red flags of worry and other crises of faith that can impact our lives. Plus, we will consider God's promises—*Words That Change Everything*—so you can begin *Speaking God's Truth to Your Soul*.

- *Part Two—REST.* These chapters present meaningful, true-life stories and suggest helpful ideas for managing your emotions based on Philippians 4:5–9. This passage tenders a strategic prayer plan for speaking truth and finding deliverance from worry, introducing the acronym REST—remember, exalt, surrender, trust.
- *Part Three—Retreat.* This last section offers real-life applications and introduces an additional prayer guide based on Lamentations 3:28–29: “When life is heavy and hard to take, go off by yourself. Enter the silence. Bow in prayer. Don’t ask questions: Wait for hope to appear” (Lam. 3:28–29 *The Message*).

Why This Book

Write this down for the next generation so people not yet born will praise God. (Ps. 102:18 The Message)

I often feel compelled to share lessons as I’m learning them. So even as I battled with my own angst during turbulent times, I continued to research, write, and speak about what I came to understand about my emotions.

I resisted the idea of writing a book that focused on steps to overcoming worry, because my own emotional red flags still rippled overhead, warning me of potential harm. So I began to search for answers in my Bible. And as I focused on God’s Word and gave my worries and concerns to him in prayer, his peace filled my heart and my mind as promised in Philippians 4:7.

I found God's peace during the dark and painful weeks when I was confined to intense waiting room environments. God proved faithful to his promises in each of those challenges, while giving me fresh hope and an expanded vision and plan for my future. Part of that plan involved sharing the lessons from the waiting rooms of my life with you. So thank you for allowing me to share what I've learned about the power of God's Word in *Words That Change Everything*.

Along my journey, each time I encountered other women who were distraught and worried, I wanted to encourage them with what I had discovered navigating my guilt-ridden emotions and negative self-talk. But all too often, the times and places where we crossed paths prevented any helpful dialogue.

I may have listened to your stories and prayed for you. At times, I might have even shared bits and pieces of my journey with you at church, school, or a writing conference. Perhaps we connected through a social network, or you noticed my stories in an online or printed publication. Today, I appreciate those avenues of publication because they enabled me to record my personal migration from worry and anxiety to "REST" and peace.

I still need a measure of God's Word every day as I wrestle to manage my reactions and responses to stress. Writing this book engaged the truths I embraced about responding to worry. But reading and speaking God's Word into my soul always helps me refocus my negative thoughts and overwhelming worries on eternal truths.

Not that I have already obtained all this, or have already arrived at my goal . . . But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Phil. 3:12–14 NIV)

God's Word keeps my focus on his truth so I don't become distracted by negative thoughts that threaten my peace and rest. I continue to research, write, and teach on the subject because I know many women struggle with these same issues. So I'm compelled to record the lessons I've learned from the waiting rooms of my life. Plus, God's Word promises, "My grace is all you need. My power works best in weakness" (2 Cor. 12:9 NLT).

Today, when worry creeps into my thoughts, I recognize it for what it is—a red flag warning. And with biblical truth to temper my own emotions, I offer the prayer strategies in this book as offensive weapons for your battle to attain peace and rest.

The most effective strategy I can offer when faced with any crisis is to seek God first. Sometimes mere words and prayers spoken by others fail to penetrate our thoughts and feelings. But God's Word promises to help us when we're weak:

[T]he Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. (Rom. 8:26–27 NIV)

I offer you this short prayer that emerged during a lengthy family crisis when I was incapable of knowing what to ask God to do for us:

*Father, I need you, but I don't know what to say.
Thank you for your Spirit, who guides me when I pray.
Spirit, intercede—you alone know my needs.²*




Part One

Red Flags

Raising Up a Standard of Truth

*When the enemy shall come in like a flood,
the Spirit of the Lord shall lift up a standard against him.*

(Isa. 59:19 kjv)





Warnings

Navigating Your Negative Self-Talk and Overwhelming Anxiety

Raise a signal flag as a warning for Jerusalem:

"Flee now! Do not delay!" (Jer. 4:6 NLT)

I've struggled with restlessness most my life. Just ask my family. My Aunt Jo politely informed me that I was always a "bit stubborn," regularly testing the boundaries set for me as a child.

I don't recall much about my childhood, but those who knew me best then seem to agree with Aunt Jo's assessment. My routine battles with worry even now, later in life, also confirm her opinion.

My mother, a strong-willed perfectionist, knew how to rein me into submission. My resistance became obvious at an early age as she applied her special regimen of discipline to her oldest daughter.

I recall one of my earliest memories of Mother's control tactics—resisting her daily ritual of brushing my hair.

“Karen Elizabeth, hold still!”

I learned to pay close attention to Mother’s demands when she employed my middle name. Her shouts made me hold my breath as I prepared for unkind words. Her anger provoked all kinds of negative emotions within me—fear, anger, worry, and shame—that even today can be triggered by a bad hair moment.

Often Mother enforced her authority over me as she pulled my long, brown, curly hair into a ponytail. My neck snapped as she jerked my head back. I squirmed on the ladder-back kitchen chair as she pressed the hard-bristle brush into my scalp like a plow turning unbroken soil.

My brow furrowed, but Mother ignored my frown as she wrapped a tight rubber band around my ponytail. I learned to hold back the tears because resisting would only invite more harsh words.

If I flinched, Mother would pull my hair tighter and remind me of her authority using her curt sarcasm, “You know what’s under a pony’s tail, Miss Priss?”

I doubt that I ever met Mother’s standard of the ideal, well-behaved child she hoped to show off in our small Texas community, but her strong-arm tactics proved to be an effective strategy to clean up her little tomboy before school each morning.

I enjoyed competing with my older brother and cousins—climbing trees, riding bikes, and playing ball. Most of the girls in my neighborhood played indoors with dolls, including my younger sister Cathy and my cousin, Marilyn, who wore leg braces after surviving childhood polio. I preferred the outdoors; I certainly did not intend to waste much time in Mother’s kitchen, staying under her thumb.

Aunt Jo, Marilyn’s mom, recalls that she only saw me cry once or twice as a child. But Mother didn’t allow whining and complaining. So I learned to suppress my feelings and to brush my own hair at a very young age—without Mother’s help.

I still resist authority figures at times, but I've discovered some helpful ways to control my emotions when threatened by someone's intrusion into my personal space.

My stubborn, restless spirit still challenges me, but I believe it is a strength that God gave me. It helps me maintain my sanity during difficult and confusing times as I persevere, pursuing dreams that I would have otherwise given up on long ago—like writing books.

My anxiety also nudges me to seek spiritual answers to define and understand the potholes and roadblocks in my path. And my childhood experiences proved the importance of recognizing the red flag warnings at each stage of my life.

Now I understand my frustration as a child resisting my mother's instructions. And I can relate to others who also struggle under their God-chosen authorities.

I laughed with Mother about her ponytail pressure later in life—even during her last days. She knew I forgave her parenting mistakes. As a child, I didn't recognize the stresses in her life or appreciate the fact that she was providing for a family with four children with a limited income in the Bible Belt.

I became less judgmental of her when I repeated her critical words in my own parenting mishaps. I still watch for those emotional warning signs when I visit my children and grandchildren.

I'm not alone in my struggle with my emotions—many women suffer with symptoms of anxiety and stress that impact their relationships, along with their mental, physical, emotional, and spiritual health.

I've discovered the Bible offers powerful strategies to help us overcome our anxious thoughts so we can experience the rest and peace that we need. And in my faith journey, I've noticed that many women also endure crises in their spiritual walk, spurring their God-given emotions of fear, doubt, and unbelief.

A Lesson from Parenting

*When I was a child, I spoke and thought and reasoned as a child.
But when I grew up, I put away childish things. (1 Cor. 13:11 NLT)*

My daughter, Tara, taught me the concept of identifying *red flags*—emotional warning signs—when we discussed the sibling rivalry between two of her five children.

Yes, I said *five* children. I had a tough time with just two! And I'm keenly aware of my shortcomings after forty years of marriage, with two married children and seven grandkids.

Tara still amazes me. She overcame difficult physical limitations as a child and continues to outperform my expectations, particularly in her parenting and teaching skills. After courageously facing and rising above judgment and shame as a teenage mom, she graduated with high honors from college with degrees in early childhood, gifted, and special education. Now, as a stay-at-home mom, Tara employs her training, talents, and skills to nurture her own children and encourage other parents.

As Tara's boys began to argue and struggle with their escalating outbursts of anger, she realized that their behavior was an indication of a deeper heart issue that couldn't be fixed with negative consequences alone. But she was prepared for the challenge. She taught her children to understand and recognize their own emotional warning signs, helping them develop self-control and find alternative ways to solve their problems.

Tara encourages her children to not be ashamed of their God-given emotions. Genesis 1:26 says that God created human beings in his image to reflect his nature.

Ecclesiastes 3:1–8 reminds us, “There is a time for everything . . . a time to weep and a time to laugh, a time to mourn and a time to dance” (NIV).

God created our emotions, and he warns us when a problem surfaces so we can control our reactions. Responding to our natural emotions can challenge us all.

Tara used a smoke detector analogy to help her children relate to their emotional responses. She reminded them how they often overreact with their initial emotions, “When you hear the smoke alarm beep, you don’t always scream ‘Fire!’ and stop, drop, and roll out of the house.”

To teach them more about their natural responses, Tara explained, “You also don’t pull the smoke detector off the wall and rip out the batteries.”

Tara wanted to help her children understand the reason for their emotional outbursts so they could learn to stop and figure out why they are feeling angry before they responded impulsively. She warned them, “Don’t freak out—find the source of whatever triggered the alarm.”

Some emotions could be compared to a 911 emergency call—like witnessing abusive behavior. But we all need to respond appropriately to our personal alarm triggers.

For instance, some emotional warnings could be compared to an alarm for a small fire. These can’t be ignored—if left alone, they can become dangerous. But you may be able to extinguish those fires yourself or get help to repair the damage in the near future.

I think even parents might tend to overreact with this kind of emotional red flag—like losing your temper after finding evidence of a child’s exposure to or experimenting with pornography, drugs, or alcohol.

When we first sense anger, like when we initially hear the smoke alarm, it’s important to investigate quickly without panicking. Burnt toast can cause the detector to beep in the same way a personality conflict can quickly trigger anger. Both problems need

to be addressed, but neither is a reason to panic. It's important to recognize that we can be easily offended or tempted to overreact because of our feelings, just like a smoke detector can malfunction or detect the scent of a harmless candle.

I applaud how this teaching can help us all discover the actual source of our emotional triggers so we can diagnose our problems and respond appropriately.

Tara says, "I teach my kids to pray first, even if it's just a quick 'Help me, God.'"

Reality Check

Don't shrink. Don't puff up. Just stand your sacred ground.

(Brené Brown)³

How can I write a book about worry while I'm still one of the most anxious people I know?

I revisited my question as I decided to approach this topic. *Can I claim to be an authority on the subject of anxiety?* Perhaps. I've wrestled with perfectionism for years. Plus, I've sensed the Lord leading me to tell the stories that matter most to me. And he's exposed me to difficult lessons about worry in the waiting rooms of my life.

Yet I'm reluctant to confess that I questioned my ability to write about both my experiences and anxiety in general—just ask those who know me best. Long before this was published, one of my friends joked, "How's that book you're *not* writing coming along?"

As I attempted to write and handle my other obligations, there were many times when I experienced panic attacks, headaches, and other annoying, worrisome distractions. For me, trying to juggle too many commitments at once can provoke emotional outbursts, which ultimately stem from negative thoughts and my tendency to become overwhelmed by worry. To be honest, multitasking falls

into the same category as many other important things in life for me—impossible!

I just don't seem to finish some important projects. Can you relate?

Every time I start a new exercise program or just take a walk around the block, something seems to get in the way, like bad weather, an illness, an injury, or just fatigue.

Discouraging thoughts overwhelm me, and I am left wondering if I will ever be able to discipline myself enough to lose these extra pounds—evidence of my emotional eating habits. The older I get, the harder it becomes to break habits. And when I focus on what I should not eat, I'm tempted even more to eat what is not healthy.

I can anticipate the response that is coming: "I know that all God's commands are spiritual, but I'm not. Isn't this also your experience?" Yes. I'm full of myself—after all, I've spent a long time in sin's prison. What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise. So if I can't be trusted to figure out what is best for myself and then do it, it becomes obvious that God's command is necessary. (Rom. 7:14–16 *The Message*)

How can we readily recognize the warning signs of worry? For me, I finally admitted that I couldn't figure out the answer myself. Once I did this, it became obvious that I needed to seek help beyond my own logic. For me, the Bible offered the guidance and wisdom I needed.

You may struggle with similar issues. In fact, this may be the reason you picked up this book—hoping for a catalyst to move you to solutions and to release you from daily worries.

Why can't I defeat my negative thinking by my own willpower? The Bible identifies the source of our temptation to give in to worry:

For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. (Eph. 6:12 NLT)

I found that truth empowered me to resist attacks from a supernatural enemy. But even as I tried to invoke scriptural truth for my life, another crisis would surface. Or I would entertain another random worrisome thought. *Why can't I keep up with my daily commitments? Why can't I just do what I need to do?*

Each time I stray from focusing on God's truth, I ask him for help, and he points me to the promises in his Word to guide me:

No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it. (1 Cor. 10:13 *The Message*)

When I worried about finishing this book, I counted on this promise in Philippians:

And I am certain that God, who began the good work within [me], will continue his work until it is finally finished on the day when Christ Jesus returns. (Phil. 1:6 NLT)

Has God fulfilled that promise to me? Well—here you are reading this book, right?

Observing Worry's Red Flags

Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God—soon I'll be praising again. He puts a smile on my face. He's my God. (Ps. 42:11 The Message)

Circumstances can force us to feel out of control when negative thoughts trigger harmful emotions, like worry, anger, or fear. And these red flag warnings compound other pressing problems to threaten our physical and spiritual health.

A few years ago, my husband Dan and I traveled to our hometown, where we visited old friends. On our return trip, I shared a concern with Dan. Some of my friends were afflicted by anxiety-related symptoms, taking mood-altering medications to calm their nerves and suffering in silence. *And I thought I was the only one!*

Most of my friends professed faith in Christ. Yet here they were suffering from symptoms of anxiety. Although I do think medication is appropriate at times, I also believe we *all* need spiritual help. No one can endure a crisis without experiencing anxiety unless she is prepared in advance for the challenges.

When I examined the definition of *emotions*, it confirmed my belief that God gave me emotions for a good purpose. According to the Oxford dictionary, an emotion is a “natural instinctive state of mind deriving from one’s circumstances, mood, or relationships with others.”

I know many women who suffer from anxiety, migraines, insomnia, and nightmares. A few are held hostage by their emotions, avoiding contact with other people, while neglecting important responsibilities at home and work. Many evidence low self-esteem and stay tense or angry most of their days.

I heard my friends’ confessions, privately admitting to crying from sadness, frustration, and depression. As they acknowledged their pain, they also indicated that their dependence on stress medication was a source of shame or humiliation. I may be treading on your toes as I mention my friends’ depending on medication. But I’m also admitting my own struggles. Other signs of stress include hyperfocus, confusion, bad decisions, forgetfulness, perfectionism, self-criticism, and self-deprecation.

Some of my friends and family will laugh as they read this because they know I display these characteristics at times. And I sadly admit that my frustrations only make my life harder—especially when writing a book about worry.

Our worrying and unbridled anxiety may bring irreparable damage to our most important relationships. Our lashing out might provoke unexpected consequences. Or we may become people pleasers. We may try to control everything around us. Anxious thoughts fuel our restlessness, hopelessness, unbelief, fear, disobedience, and doubt.

Do you find yourself avoiding others? Worry, stress, and anxiety could well be the root cause of your despair and isolation.

Do you share the feelings of this scripture? “I do not understand what I do. For what I want to do I do not do, but what I hate I do” (Rom. 7:15 NIV).

For these reasons and many more, I share my battle with worry. No, I haven’t found a final solution to my problems. Red flags still fly high during difficult circumstances. But I now have an effective strategy that helps me navigate negative thoughts and dodge the panic attacks that threaten my effectiveness.

Now I hope to choose to seek God at the slightest hint of worry—this red flag lets me know I’m moving toward full-blown panic if I don’t bridle my thoughts. I now know the purpose of the emotional warnings in my life—they call attention to my weaknesses and expose my ongoing need for God to live in peace in my world.

What do I say to myself when I see the red flags of worry waving high? I speak God’s truth to my own soul—or as I prefer to call it, *GraceTalk*.

In the next chapter, I’ll unpack a little of what I’ve concluded about this *GraceTalk*.

RESTNotes

An Invitation from Karen

*If you were inspired by
Words That Change Everything,*

I invite you to visit my website

<http://www.karenjordan.net>

and sign up for my free

RESTNotes

to use as a devotional companion
to this book.

You will also find more

devotionals,

legacy stories,

and other free resources,

encouraging you to

tell the stories that matter most

and to seek spiritual peace and

REST from your worries in

God's Word—

Who Changes Everything!

About the Author

Karen Jordan encourages others to tell the stories that matter most as an author, speaker, writing instructor, and blogger, focusing on topics about her faith, family, and writing. Karen and her husband, Dan, live in Hot Springs Village, Arkansas, near their two children and seven grandchildren.

Karen addresses faith-based groups and teaches workshops for women's conferences and retreats. A former adjunct writing instructor for University of Arkansas at Little Rock (UALR), Karen also teaches writing workshops for various writers' conferences, writers' groups, community organizations, and faith-based organizations.

To read more of Karen's stories, connect with her online:

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