**What People are Saying about the Stress-Less Lamb**

It was amazing how Ellen was able to take a Scripture and make it come alive. She turned the Word into a prayer that anyone could pray. It was powerful, deep, comforting, full of life, and ministered to the one reading it. It was beautiful and obviously took a lot of prayer and hard work to produce. It was reviving to the soul, filled one with hope and joy. The words spoke of awe and were filled with much inspiration. It was powerful, deep, comforting, full of life, reviving to the soul. Charlye Darland

Can I say wow!? Stress-less Lamb was a very powerful book full of knowledge and vital life teachings, that left me feeling both empowered and encouraged. The stresses of life are all too familiar to many, and this book will give you great godly advice on how to tackle those situations as they arise and how to prevent them from causing you long term heartache and chaos. Every aspect of this book is confirmed by scripture and Sister Ellen Lyon's own personal experiences, which makes this book tremendously relatable to the reader. I think it was a powerful book! I can't wait to read your next book! Luby Reddic

Very helpful information. I especially liked how you used Psalm 23 for instruction in prayer. Quite practical and applicable. As the introduction states, this book is a good resource for Christians just beginning their journey with God. The author addresses such key concepts as recognizing and controlling harmful thinking and meditating on God's Word in order to manage stress. Using Psalm 23 for learning how to pray and address daily stressors is an invaluable tool for any Christian, as the author's personal experience exemplifies. God bless you and your efforts, Sue Cousino

The "Stress Less Lamb” is thorough and gives insightful helps for those who do not know God and His love for all humankind. It also helps those who have newly come to a knowledge of and relationship with God. Ellen beautifully explains how that relationship begins in a powerful and thrilling manner.  How to pray the scriptures is so essential. Taking someone through the learning process of what sin is and does and what a life outside of a Christ centered life is, was well done. Leading others to learn to lean on Jesus on their own, developing that personal intimate relationship with the lover of their/our souls for our personal strength and comfort and peace is evident throughout The Stress Less Lamb. I certainly can see this book used in a home group setting as each facet of the Twenty Third Psalm is deeply explored. A book worth the read, and reread. Julie Carter

A book for all to enjoy and if applied you shall surely grow in your spiritual journey. It will help us in so many ways as we continue on our walk with the Lord. I’m looking forward to finishing it and growing closer to God. Deb Titus

I just finished reading your book. I could not put the book down once l started reading it. I found this book very helpful and inspiring, l will reread this book several times. Thank you for writing this book. I especially like the stories behind the pictures. Connie Woodworth.

This is a great book and well structured. I pray that it has the impact that it is written for. We need to have some special prayers for the Holy Spirit to touch people to rush for it.

Sefakor Komabu-Pomeyie, Founder & President, EEPD AFRICA

After reading Ellen Lyon’s book, THE STRESSLESS LAMB, it brought the 23 Psalm home to me in a way that just reading it didn’t. Bringing the companion verses from the NT was really helpful to me. I would definitely give this book to my friends and family to read. Joanne Blinston

In her book, Ellen Lyon, using scripture points us to the Shepherd, Jesus Christ, showing the reader that although life isn’t always easy, He is always there for us. Using the twenty third Psalm she gives us an example of how to pray with the scripture. I found this book to be helpful in praying the scripture by using other scripture along with the verse you are reading. Jane Howe

The Stress-Less Lamb allows the reader to ponder and rethink their life experiences after each chapter, with cleverly written questions to ask yourself. This book allows you to understand the message but most importantly, understand yourself in His divine calling. Abel Uribe

As we spend time with The Lord His ways become written in our hearts. This book not only offers a pleasant approach towards praying the 23rd Psalms, but inspires faith to trust in our loving God, Jesus Christ. I love this — “His words become engrafted into our soul through repeated and continual dialogue with God.” (Pp 80-81)

The stories behind the flowers and book cover contribute comfort and warmth to your book.

Dr. Michelle Hart

Licensed Minister   
[Licensed Clinical Counselor](http://ncca.org/default.html)

[Grief and Loss Specialist](http://michellehart.solutions/)

[Pastoral Care MS](http://www.hiu.edu/)

[Doctorate Temperament Counseling](http://www.pastoral-counseling-center.org/ncca/ncca.htm)

[Soteric Counseling](http://www.iasconline.org/)

The deep Biblical insight and compassion for people that is rooted in Ellen R. Lyon’s heart reaches out through the pages of The Stress-Less Lamb. This is not just another book that *tells* the reader how to deal with stress from a Biblical view, it is a handbook that *shows* the reader how to connect with Jesus Christ, the Prince of Peace, through masterfully focused, step-by-step, Biblical prayer. Diana Sullivan

In a culture that promotes hard work and increasing deadlines, stress has become one of the leading causes of sickness. Ellen's well-researched book is a concise little manual that presents a biblical plan to de-stress your life. Open up your Bible and let these inspirational guidelines bring restoration and peace to your life. ~ Pam Eddings.

With The Stress-less Lamb, Ellen Lyon is able to combine practical advice with the passionate pursuit of God.  Mrs. Lyon shares deeply personal struggles with her readers, offering them a heart-felt and honest example of the transformative power of the love of Christ.  Both challenging and encouraging, this guide book admonishes the believer to push further into the Presence of God, shunning the solutions to stress offered by the world we live in.  As one reads through each chapter, you will experience the genuine desire of the author for each child of God to press in to Chirst, rely on the Holy Spirit and receive the peace that passes all understanding.  Sarah Hamilton

Prayer and the Word of God are an essential part of your walk with Jesus. Recently I read “The Stress-Less Lamb” written by Ellen Royalty Lyon. Sister Ellen Lyon has been a part of our NH/VT UPCI District for 17 years and I have been blessed to know her. I find her to be a women that desires greatly to see others know the Lord as she does! Her love and heart felt sympathy for the lost and broken found it’s way into her book.

“The Stress-Lamb” encourages you to build a relationship with Jesus through His word when seeking peace of mind. The writer quotes, “He does not force His will upon humanity but gives mankind an opportunity to be to be led by Him.” Sis. Lyon shares not only life application to help relate to the reader, but personal scripture that over her years experience has helped her and others find peace in a mind of turmoil. Not only did she put her personal touch of her own illustrations, that have depth and meaning but at the end of each chapter she has questions to help you apply it to your life. For those who are not sure how to pray scripture. The writer shares prayers of the scripture to help you apply the Word of God to your personal situation. In all, I would recommend this book to anyone who is searching to apply a deeper spiritual depth of God’s Word to the brokenness of one’s mind and heart that can bring tremendous healing in ways that only Jesus can complete! Blessing, Rev. Tammy Griggs

Who wouldn’t like to live a less stressful life? Ellen Lyon will help you do just that in her book *The Stress-less Lamb*. She handles the subject of Christian maturity in a warm and natural tone, with a well-developed overview of stress’ consequences. She includes many practical suggestions for minimizing stress, including an excellent chapter on personal thought-life. A heart-felt and in-depth study of Psalm 23 helps the reader align their life to God’s purposes. The reader gains spiritual stability through learning to more fully rely on the Lord in stormy times. *The Stress-less Lamb* will enhance your ability to incorporate God’s word into your life.

Lynne Millette 11/24/18

Realizing the present state of millions of people who are standing on a miry clay, with uncertainty looming high like a dark cloud in a silver lining, Ellen Royalty Lyon has brought out a wonderful book ,” The stress-less Lamb”. The book clearly enlightens us of the reality that it is best to cast our burdens to Christ and allow His compassion , mercy and grace to help us in our journey through life which is interspersed with challenges at every step.

This book clearly affirms the truth that without God,  we are likely to be enveloped in a stress filled atmosphere where stress may invade every area of life, making it impossible for us to move forward. But, when we carry our burdens to God and rely on His help, his mighty strength is felt in us. The author clearly exhorts us to purely internalize the Word of God  and to remain sensitive to the voice of God.

The book also reveals the world’s trend of escaping stress which is by indulging in alcoholism, drugs and other malpractices which give people  a temporary relief and then plunge them  into an abyss of helplessness where in they loose all human qualities and degrade themselves with inhuman and repressive ways. Paradoxically, the book  brings to light the dire necessity of people to diligently seek God and patiently wait on Him for resolutions, clearly emphasizing that God alone can supply us answers when all doors of solutions are closed against us.

In her book,  Ellen Royalty Lyon also tries to lift people who are over burdened under the yolk of guilt of sin by reassuring them that God is faithful and just enough to forgive them their  sins through the blood of Jesus if they ask for forgiveness. Moreover, the book clearly points out to us the word of God as the curtain that opens to us our relationship with God, our creator, where in we find God as our shepherd and we as sheep which is well defined in Psalm 23.

The book continues with each line of Psalm 23 clearly elucidated, followed by a prayer where we  are asked to surrender ourselves as sheep in God’s fold and talk to the shepherd  aloud for he  is sure to listen to us and lead us to the green pastures and everlasting glory.

 I thank and praise God for using Ellen Royalty Lyon for prompting her to bring out such a beautiful book that contains the quint essence of life and the latent truth that lies in the Word of God to help people lead a stress free life in this world of confusion.

 My best wishes  and blessings  to Ellen Royalty Lyon for this book ! Let this book reach billions of people weighed down by guilt, depression and stress  so that they find a ray of hope and light through the Word of God as revealed in this book. ‘ The Stress –less Lamb’.

I thoroughly enjoyed your book, Ellen.

It is a book that I would want for my own library.

It was thought provoking , inspiring and encouraging. A beautiful illustrated journey with Our Lord Jesus Christ. How He is all and everything we will ever need to journey this life victoriously. Who He is through His Word and how to enter into His presence through His Word. John 1:1  He is the living word wanting to give living water to any who seeks Him to give us life more abundantly.

Thank you for the opportunity to travel with you through your spiritual relationship with Jesus.

Jolly Jacob, OM in Global Media Outreach and IELTS Trainer, India