

the Daily Bliss



Hi First name / friend !

Do you ever find yourself stuck? Like there is too much to do in too little time that you are overwhelmed to the point of tears? I've been especially feeling this as of late but have been constantly reminded of where true peace and happiness comes from. If you're feeling overburdened and feel like the walls are closing in on you, take a breath and breathe. This edition of the Daily Bliss is for YOU and it is my prayer that it uplifts you in every possible way. So go make your favorite cup of tea and let's chat for a bit on how we can claim our own peace, so that when the troubles of life arise, that peace is not stolen.

I think it's safe to say that we have all found ourselves in the predicament of feeling overwhelmed, overburdened, and over pressured. To some extent, those pressures we feel come from the standards that our society has placed on us - The voices that tell us we have to achieve X, have X amount of possessions, present ourselves a certain way, have a certain job, etc. to be loved, accepted, and "worthy." As we hear these voices echoing around us, they slowly start to be our very own voices. We start to feel these heavy pressures weighing us down, draining us of our peace and hope. Instead of addressing all of our fears and uncertainties resonating deep within, we bury them.

Sure, that will last for a little while, but what we failed to notice is that in our failures, fears, insecurities, and uncertainties lies growth – real, authentic growth.

We live in a generation that thrives on comparison. “Maybe if I just looked like her, then I would be happy.” “If I can just score X grade, then I’ll be happy.” “If I could just live in _____, then I would be happy.” “If I could just have _____, then I would be happy.” “If I could just afford _____, then I would be happy.” THEN I would be happy... As promising as it all sounds, these are all lies. Lies that we have been conditioned to believe are true. I think that to some degree we all know that no item, material possession, accomplishment, or validation will give us the peace that we’re constantly seeking. We know that deep down none of these things will bring us true, eternal, unbreakable happiness. The pair of shoes that we’ve been wanting for so long bring instant gratification, but after a couple of months or a year they get scuffed up and no longer bring the same satisfaction they initially did. The thing is, our reaction to our fears or worries oftentimes leads us to looking for validation, security, and happiness in things that will never actually bring that to us. They promise glory and joy, but don’t actually follow through. We can’t rely on our ever-changing circumstances to bring us happiness. It just won’t work.

You don’t have to keep chasing peace, it’s already within you, you just have to let go and let God embrace and love you. You are not defined by your failures or past mistakes. You don’t have to look a certain way to impress others. You don’t have to make a certain grade on that exam in order to feel worthy enough or smart enough. You. Are. Perfect. Just. The. Way. You. Are. Society will always try to convince us otherwise, but we aren’t defined by anything from this world, for we are defined by Christ, and Christ alone. God loves you just as you are. Nothing can separate you from His unrelentless and overflowing love. So slow down, step off the hamster wheel of lies, and embrace who God has called you to be, who He says you are. Claim your peace and your happiness right now. Our story starts with God and it ends with God. We already know that we have a happy ending. Put your faith and hope in that fact, and you will find that your peace is not so easily shaken.

PS. I love hearing back from you! If you have any topics you are interested in me discussing in the future regarding healthy living, sustainability, mindset change, digestive health, etc. let me know! I'm here to help and serve you!





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