



Coptic Orthodox Diocese of the Southern United States

Monthly Message for the Priests Wives

April 2025

Repentance

Turning to God in Times of Struggle and Uncertainty

Volume 9

Here are six spiritual ways to overcome and cope with stress:

1. Prayer and Trust in God:

- *Biblical Reference:* Philippians 4:6-7 (NKJV) - "Be anxious for nothing, 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 minds through Christ Jesus."
- *Explanation:* Turn to prayer, presenting your concerns to God with gratitude. Trust that His peace, surpassing human understanding, will guard your heart and mind.

2. Meditation on Scripture:

- *Biblical Reference:* Joshua 1:8 (NKJV) - "This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."
- *Explanation:* Regularly meditate on God's Word to find guidance and strength. The Scriptures offer wisdom for navigating life's challenges and bring success in God's terms.

3. Surrender and Rest in God:

- *Biblical Reference:* Matthew 11:28-30 (NKJV) - "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls."
- *Explanation:* Surrender your burdens to Jesus and find rest in Him. His yoke is light, and relying on Him brings rest to your weary soul.

4. Community and Fellowship:

- *Biblical Reference:* Ecclesiastes 4:9-10 (NKJV) - "Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up."
- *Explanation:* Engage in Christian community for mutual support. Having companions to share burdens and provide help is a source of strength and encouragement.

5. Gratitude and Contentment:

- *Biblical Reference:* 1 Thessalonians 5:16-18 (NKJV) - "Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you."
- *Explanation:* Cultivate gratitude and rejoice in all circumstances. Continual prayer and thanksgiving align with God's will and foster contentment.

6. Mindfulness and Presence with God:

- *Biblical Reference:* Psalm 46:10 (NKJV) - "Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth!"
- *Explanation:* Practice mindfulness by being still in God's presence. Recognize His sovereignty and find assurance that He will be exalted above all.

These spiritual practices, grounded in biblical wisdom from the NKJV, offer a holistic approach to overcoming stress. They invite believers to trust in

God, find strength in community, and cultivate a mindset of gratitude and mindfulness in His presence.

Overcoming dependency on self-wisdom and seeking God's wisdom:

Certainly, overcoming dependency on self-wisdom and seeking God's wisdom requires a humble and intentional approach. Here are six spiritual ways, supported by biblical verses from the New King James Version (NKJV), to shift reliance from self-wisdom to God's wisdom:

1. Acknowledge God's Wisdom:

- *Biblical Reference:* Proverbs 3:5-6 (NKJV) - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."
- *Explanation:* Acknowledge that God's wisdom surpasses our own understanding. Trust in Him completely, seeking His guidance in every aspect of your life.

2. Seek God's Counsel in Prayer:

- *Biblical Reference:* James 1:5 (NKJV) - "If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him."
- *Explanation:* In prayer, humbly seek God's wisdom. He promises to generously grant wisdom to those who ask, providing divine insight beyond human capabilities.

3. Immerse Yourself in Scripture:

- *Biblical Reference:* Psalm 119:105 (NKJV) - "Your word is a lamp to my feet and a light to my path."
- *Explanation:* Immerse yourself in God's Word. The Scriptures are a source of divine wisdom that guides and enlightens our understanding.

4. Surround Yourself with Wise Counsel:

- *Biblical Reference:* Proverbs 13:20 (NKJV) - "He who walks with wise men will be wise, but the companion of fools will be destroyed."
- *Explanation:* Surround yourself with wise, godly counsel. Associating with those who seek and follow God's wisdom can positively influence your own choices.

5. Submit Your Plans to God:

- *Biblical Reference:* Proverbs 16:3 (NKJV) - "Commit your works to the Lord, and your thoughts will be established."
- *Explanation:* Submit your plans to God. When you commit your actions and decisions to Him, He establishes your thoughts according to His wisdom.

6. Develop a Teachable Spirit:

- *Biblical Reference:* Proverbs 19:20 (NKJV) - "Listen to counsel and receive instruction, that you may be wise in your latter days."
- *Explanation:* Cultivate a teachable spirit. Be open to receiving instruction and correction, recognizing that God often imparts wisdom through others.

By implementing these spiritual practices and relying on the wisdom found in God's Word, prayer, and wise counsel, you can overcome dependency on self-wisdom and embrace the transformative power of God's guidance in your life.