



# Surrendering Our Stress: Prayers to Calm the Soul and Strengthen the Spirit

*Joan Guntzelman*

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We all deal with stress in our lives and we all struggle with how to let go of that stress. The prayers in this book will help you surrender your stress-and yourself-into the arms of God. Each meditation begins with a Scripture verse, followed by a short reflection and prayer. Guntzelman's reflections will resonate with you in those times when you may be feeling burdened, alone, unappreciated, or unloved. She then wisely leads you to recognize the often hidden causes of your tension and exhaustion. And, with each meditation and heartfelt prayer, she will bring you to the tranquil, refreshing waters of Christ. ~ Short reflections are perfect for busy people. ~ Makes a thoughtful gift.

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