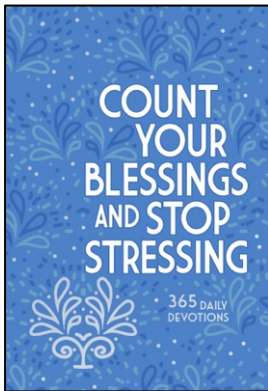


Count Your Blessings and Stop Stressing

365 Daily Devotions

Overcome stress and dwell in God's abundant peace.



Minneapolis, MN: Stress can be relentless—from our finances, health, and relationships to pressures at work. Though overwhelming at times, our thoughts, emotions, and circumstances should not rob us of our joy. Instead, we can trust that God has a plan for his children and will fulfill his good promises to us.

In *Count Your Blessings and Stop Stressing* (BroadStreet Publishing), author and minister **Ray Comfort** shares devotions that empower readers to replace anxiety, fear, and worry with assurance, gratitude, and strength.

Ray believes there are three proactive actions we can take that draw us out of ourselves and help us stress less: believe God's Word and his precious promises, obey his commandments, and help and bless others.

Steeped in Scripture and filled with wise counsel and encouragement, this devotional explores themes such as:

- **Jesus' Promise:** Never believe the lie that you are alone. If you trust in Jesus, you have his promise that he will never leave you, and this promise will motivate you to enrich your prayer life with gratitude, praise, worship, and love. (Matthew 3:3)
- **Boldness:** Your sins are paid in full once you become a believer in Christ. Jesus' death and resurrection sealed the fate of Satan. You can have boldness on the day of judgment and boldness when coming before God in prayer. (Hebrews 4:16; 1 John 4:17)
- **Wisdom:** We lack wisdom as fallen humans, but God promises to give us wisdom if we ask. When we live by wisdom, we have less stress and anxiety in our lives because we choose to do the right thing and trust God. (James 1:5)
- **Temptation:** The Bible says to not merely resist but flee temptation. We must run like we are helpless and like our lives are on the line. We must flee both strong temptations and subtle ones, such as temptations to doubt God's loving promises. (1 Corinthians 6:18)
- **Preaching Jesus:** Paul reasoned with people, using Scripture to remind them of the cross and Jesus' resurrection. We are called to do the same. Read the gospel, meditate on your faith, and pray for opportunities and courage to share God's kindness with others. (Acts 17:2–3)
- **Irrational depression:** Just as David experienced, there may be times when all is well but we feel depressed anyway. Sometimes this is spiritual warfare; when we serve and love God we become targets of the enemy. But we have to push through and find strength, knowing our hope and happiness are in God. (Psalm 42:5)

Ray hopes *Count Your Blessings and Stop Stressing* will lift your daily burdens, strengthen your faith, and soothe your heart with comforting reminders of God's blessings and love.

It is possible to experience so much peace and joy that they overflow to those around you. Rejoice in the knowledge that every blessing comes from God.

About the Author:



Ray Comfort is the founder and CEO of Living Waters and the best-selling author of more than one hundred books. He is the cohost of an award-winning television program that airs in 190 countries and the producer of award-winning movies that have been viewed by millions (www.FullyFreeFilms.com). His ministry's YouTube channel has over 230 million views and over a million subscribers. Ray lives in Southern California with his wife and has three grown children. For more information, visit LivingWaters.com or his social media: @RayComfort on X (formerly Twitter) and @official.Ray.Comfort on Facebook.

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Suggested Interview Questions:

1. Ray, why is your new book *Count Your Blessings and Stop Stressing* so timely?
2. Many people, even Christians, struggle with sadness, anxiety, or fear—but God promises us blessings. How can we fully understand his love for us and overcome those dark feelings?
3. God is a holy and perfect God. What does that mean for us as sinful people, and how does God's love affect this reality?
4. What should someone expect if they have turned their life over to Christ?
5. Many think that obeying God means saying no to everything and losing out on fun. But God's desire for his children is so much more than that. What will we experience when we follow God's will for our lives?
6. Why is it important for us to share our faith with others? What is your advice to those who feel ill-equipped or unprepared to share their faith?
7. Satan was defeated through Christ's death and resurrection, so why does he still target Christians for attack?
8. Often, we pray but don't receive an immediate answer. How does our patience honor God? What should we do while we are waiting on God's answer?
9. Jesus often referenced the poor, down-trodden, and afflicted and how he would deliver them. He calls us to imitate him and share his heart for the oppressed. How can helping others also lift up our own spirits?
10. Ray, how would you advise someone who is looking for a church family? How can that community help us during hard times?
11. Tell us about your Living Waters Ministry and where we can find more information.