

Let's Talk CHANGE DEVOTIONALS



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APPLY DAILY FOR BEST RESULTS

Dr. Vanessa Dantzler Ussery | July 27, 2016

After years of testing for glaucoma it turns out the pressure on my eyes has become too high. The testing was done to examine my optic nerve and Praise God, there is no damage. The ophthalmologist assured me I do not have glaucoma, but to prevent any damage from happening I must bring the pressure down. That means every day before going to sleep I put drops in my eyes that lower the pressure. At first the drops seemed to give me a headache and stuffy nose. So we changed to a different prescription that did not cause these side effects. I was lazy about applying the drops daily at night and when I returned for the review of the numbers it was not low enough. The physician asked was I applying the drops every day and I admitted the truth, I wasn't. I think it was difficult to get in the habit of doing this as I was not accustomed to taking medicine every day. The commitment was made to follow the instructions and apply one drop in each eye every night. When I returned for my visit six weeks later, the pressure was down drastically. Being consistent to follow the application process made the difference. It's best to apply one drop to each eye daily and maintain my vision as opposed to losing my sight permanently.



I'm sure you already see the point I am about to make. The word of God is needed for direction throughout this life to navigate its terrain. The pressure of coping with work (or lack of it), family, single or married life, finances, health, aging, church, friendships, decisions...you name it, can cause our way to seem very dark. The truth is we need to apply the Word of God daily to keep the pressure down and not lose our sight.

When Jesus was under pressure due to fasting 40 days and nights and was very hungry the tempter tested him telling him to turn stones into bread. Jesus applied the word to deal with the pressure, saying *"...Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."* (Matthew 4:4) We must read the Word to be able to apply it daily for the best results to decrease the pressure in life and maintain your sight. Psalm 119:148 says, *"My eyes are awake thru the night watches that I may meditate on your word."*

God's Rx: For best results, daily apply the Word of God to keep the pressure of life down.

Number of refills: As long as you live on earth. *Pick up your nearest bible to fill this Rx!*

Residing in Los Angeles, CA, Dr. Vanessa Dantzler Ussery is the Emeritus Pastor of Home Assembly Church in Los Angeles, is the founder of "Celebrate Change Ministries" and the author of "My Be Attitude: Who Be You?", which is available online in softcover or eBook at MyBeAttitude.org, Xulon Press, Amazon and Barnes & Noble. Dr. Ussery is available for national speaking engagements, empowerment seminars, and lectures. For more information, CelebrateChange.org | Info@CelebrateChange.org | 310-436-6336 x216.

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