

Has anyone seen my hormones?

Feeling emotional, edgy, confused, frustrated, or downright cranky?

Have you yelled at the toddler who interrupted your soap opera for a chance to pee-pee on the potty? Bitten the head off the postman? Given a swift kick to the dog?

Seems as though you are in need of a little **HRT**.

No, I'm not talking about synthetic *hormone replacement therapy* found in patches and pills on all pharmacy shelves. (Recent studies show the risks may outweigh the benefits).

Indeed, what you need is a little **HRT**, God's way. A personal, cure all hormone shot straight from heaven. This cure carries absolutely no risk and is guaranteed to be 100% effective. It's a simple three ingredient formula. A formula so simple, yet so powerful it boggles the minds of all scientists!



First, you must fill your **H**Heart with peace. “A heart at peace gives life to the body.” Proverbs 14:30. Ephesians 2:14 tell us that “**he himself is our peace**” and in times of calamity or hormonal melt down he will fill our heart with peace. Now practice: Close your eyes, count to 10, breath deeply and repeat this mantra “He himself is my peace!”

Next, you must find **R**est for your weary soul. In Jeremiah 6:16, we learn that when we walk in the way of the Lord, “**he restores my soul.**” Psalm 23:3 paints a beautiful picture of peace in Christ repeating again those words from Jeremiah, *restoration for the soul*. Finally, think on the passage in Matthew 11:28 and throw your burdens on the cross. For Christ already bore them and died. We can now just rest in him and go about the work he calls us to. (Even if that work includes wiping noses and bottoms.)

Finally, **T**alk to the great physician. Deuteronomy 4:7 tells us that when we call on the name of the Lord he is near us, and that his ears are attentive to hear our prayers (1 Peter 3:12). Ask God where your hormones have gone today. **WHY?** Because he can restore them *and you* to exactly what he wants you to be for this day. Follow the example of his son and pray in hours of anguish so that you will not fall into temptation but be strengthened by his presence in your life. (Matthew 22:39-44).

So, the next time you are feeling cranky, moody or otherwise hormonal remember to

fill your **H**Heart with peace, find **R**est for your weary soul, and **T**alk to the great physician.

Kathy Firkins is a hormonal Professional Organizer, Speaker and Writer. She calls Midland, TX home where she lives on hormone replacement therapy and a small farm with husband Justin, 3 children, 5 relatives, 2 dogs, 8 goats, and 1 guinea pig named Girdie. Visit her at www.kathyfirkins.com