

“A 90-day devotional you will want to read in one sitting! Written with the wit and whimsy Jami Amerine is known for, and with the heart and passion for helping others embrace the freedom and grace she has found, *90 Days to Stress-Free* offers readers encouragement, inspiration, laughter and a blueprint for living with less worry and more grace. This is a book that will touch your heart, and one that you will want to gift to others.”

JENNIFER MARSHALL BLEAKLEY, author of *Joey*,
Project Solomon, and the Pawverbs devotional series

“I love any book by Jami because I know it will be packed with hard-won wisdom and life-changing encouragement. And this book stayed the course! If you feel let down by the world and stressed out by everyday living, let Jami lead you to find hope to believe things can be different. Finally. Soak in the wisdom of this page-turner and learn to live empowered and stress-free.”

CAREY SCOTT, author, speaker, and life coach

“Life can be messy. We all need a remodel and an upgrade when we get weary and peace gets harder and harder to find. In Jami Amerine’s new book, *90 Days to Stress-Free*, she takes us on a journey of renovation . . . of our beliefs about Jesus and the mistaken beliefs we have about ourselves. Meditating over ninety days of devotions, you’ll feel like you’re sitting at her kitchen table, letting her down-to-earth wisdom inspire you, encourage you, and remind you that, in the eyes of Jesus, *you’re much more than a fixer-upper*. Let her words and wisdom affirm to you that we’re all holy works in progress.”

KATE BATTISTELLI, author of *The God Dare* and
Growing Great Kids

SECTION THREE

Neutrally
Yours





DAY 21

White As...

*His appearance was like lightning,
and his clothes were white as snow.*

MATTHEW 28:3



Joanna Gaines of the popular HGTV hit *Fixer Upper* made white and neutral color palettes and her farmhouse industrial style fashionable trends. And now white is all up in my eclectic business. I mean, Joanna's style with the rustic white walls, exposed beams, brick, and weathering is all the rage for a reason. It is pretty cool to see old made new.

But I gotta have a lot more color than white—and not just because I have six kids. I love color. Big, bold mismatched colors and wild floral posies are my favorite.

But I also recognize I would have none of this without white.

How's that?

White is used to lighten a darker color. It is also used to accent or highlight a color or pattern. And a white front door, as you might suspect, is indicative of a residence that is clean and well organized. Currently my front door is red . . . just come through the garage.

Recently while binge-watching some DIY program, I was mesmerized by a home—I mean, it was someone's



home, but it was actually a twenty-four-thousand-square-foot mansion. Everything in this estate was white. Floors, decor, even the Bentley in the garage. And all of it was kept glossy, bleached, and polished by a full staff . . . that the owners of all that white can pay because they're wealthy.

Come to think of it, white plays into how we label work. Blue collar gets dirty. White collar stays clean.

But the color white is neutral. And this is the big role that white plays in this section. We need to get neutral about some of the things we are programmed by culture to take at face value. We'll call this neutral zone white space.

In art and design, white space is any area not taken up by a subject.

In this case, I am here to usher in a heart-head space that is stress-free. But there's no room in your mind when it is buzzing with looming what-ifs or when you're *thinking*—trying to solve, list, or remember—or *creating*, as in imagining a scenario. Many times these processes can turn into a downward spiral and make you feel more anxious.

But when you *realize* you are thinking or creating, you're open to *receiving* good things.

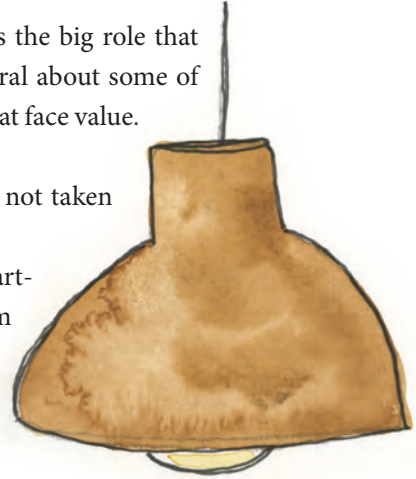
And this is my neutral proposal to you. It's a useful technique in any worrisome mind space.

Stop.

Close your eyes and picture white light. Breathe in and out slowly to the count of ten, and then, in your mind, ask yourself this question: "Am I thinking, creating, or receiving?"

Keep your eyes closed and focus on the white until you feel calm white space. Don't judge yourself for your response. Just neutrally notice—thinking, creating, or receiving.

Very often when we practice neutrality, we will more clearly recognize we are not in real danger, don't need to stress, and can release our fears. From this objective space we can see and receive solutions to our worries and finally experience earth as it is in heaven.



God wants to give you peace. There is no mixed message in love. Love without contingency does not require tending it in order to keep it. Again and again I will say there is no *but* in a perfect “I love you.” “I love you, but . . .” has a shade added to it. It requires the recipient to behave a certain way.

God just loves you. Period.

Picture the pure white light of God’s love. Let go of your fears. Ask him to come into your heart-head. Now visualize his light flooding through you. It enters through your head, washing away the concerns, leaving behind a light, free place.

Ahhhh. Clean white walls.

THE FINISHING TOUCH

Jesus, be with me as I ask, “Am I thinking, creating, or receiving?”

Open my mind. Clean the walls of my heart-head to white
as white can be. Amen.