

With God, we are capable of feeling peace.

*LORD JESUS, RIGHT NOW,
WE CAST ALL OUR ANXIETY ON YOU.*

Friend, is there an area in your life causing you distress, anxiety and fear?

Scripture tells us “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6-7 ESV)

**With God, we
know we are
capable of
feeling peace.
But how?**

When we hand over every request and fear to the Lord in prayer, we are no longer the ones responsible for the weight of it. This doesn't mean our worrisome circumstances or relationships instantly change, but every time we feel the physical burden of controlling the outcome, we can experience peace by handing it back to the Lord in prayer.

What a powerful reminder for our hearts today, sweet friends. Are you having a difficult time releasing your worries to the Lord? If so, pray this prayer with us today...

Heavenly Father, thank You for the reminder that with You, I'm capable of experiencing Your peace. When I'm tempted to hold tight to control, remind me that the more I try to control outcomes, the more anxiety I feel. I'm not meant to be the hero. You were and are.

You are so good. Amen.

God is always taking care of you.

***DON'T WORRY.
GOD HAS TAKEN CARE OF IT.***

Are you a worrier, always thinking about what could go wrong? Oh friend, we understand.

It's easy for us to find things to worry about...
Will our kids struggle in school?
Will our loved one be laid off from their job?
Will our friends get tired of us?

The list could just get longer, and we can become professional worriers. There is hope in the midst of your worries today —

**we are already
taken care of
by God.**

Matthew 10:29-31 (ESV) says, "Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows."

This Scripture reminds us we are worth more to God than the sparrows, and yet God cares for the sparrows!

Birds don't worry, because they are taken care of by our Father in heaven. The birds are free to chirp and sing because they're safe and secure in their Father's arms.

Sister, we don't have to worry. Instead, we are free to sing of God's goodness to us!

Lord God, thank You for caring for me and holding me safely in Your arms. I surrender my worries and fears to You.

**Help me to trust You
more and more. Amen.**

**God doesn't always work in ways
you understand, but He is always
working for your good.**

GOD, I CHOOSE TO TRUST YOU.

It's so very difficult for us to trust in God and His plan for our lives sometimes. In our hearts, we know His plans are good, but that can be hard to believe when the reality of our circumstances doesn't feel good.

When we experience heartbreak like the loss of a child, a failed relationship, an unexpected job termination or financial turmoil, we tend to build up walls that keep us from fully trusting in the Lord.

Proverbs 3:5 (NIV) says,

**“Trust in the
Lord with all
your heart
and lean not
on your own
understanding.”**

It's so easy for us to depend on our own understanding rather than trusting in the Lord's great plan for our lives. Although He works in ways we do not always understand (Isaiah 55:8-9), we can trust that God works all things together for the good of those who love and obey Him. (Romans 8:28)

We must make the choice to trust in God and place our hope and faith in Him even when it's scary.

Do you find it difficult to always trust God is in control? Do you find yourself relying on your own understanding? Pray this prayer alongside us today...

Lord, I confess it is difficult for me to always trust in Your plan for my life. When my plans get turned inside out and upside down, I try to lean on my own understanding. I choose to trust in You and Your mighty and perfect ways.

**Help my unbelief, Lord
Jesus! Amen.**

God has a mighty plan for your life.

IN HIS PRESENCE, WE FIND PEACE.

Have you ever felt uneasy about a situation? Maybe you are unsure switching jobs was the right decision. Maybe you are nervous your new relationship could fall apart. Or maybe you are worried about your child's bad behavior at school.

We often feel anxious when our circumstances seem shaky or uncertain. But when we take our fears to God, we are able to experience peace and freedom.

Psalms 16:11 (ESV) says, "You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."

In God's presence, we remember who He is and in return, who we are ... His children. Hebrews 4:16 reminds us we can draw near to the throne of grace with confidence because we have a Father who loves us and longs to know how we feel.

When we bring our worries before the Lord about our new job, we remember He has a mighty plan for our life.

When we surrender our relationships to Him, we remember He's in control.

When we submit our children to Him, we rest in God's own love for our children.

In His presence, we find peace.

What worries do you need to bring before the Lord today, friend? We are so thankful to serve a God who longs to be in relationship with us!

Jesus, You know when I'm anxious. When I'm overwhelmed. When I'm afraid. It's so easy for me to give in to my worries. Help me take those worries to You, Jesus. You have a mighty plan for my life and there is so much goodness in Your presence.

Overwhelm my heart with the fullness of joy that can only come from You. Amen!

God is always faithful and will fulfill His promises.

*EVEN WHEN WE ARE FAITHLESS,
HE IS FAITHFUL.*

We live in an unpredictable world full of surprises. Plans don't always go the way we expected. Life doesn't always look the way we planned.

We have no guarantee that our lives will play out the way we want them to, but when we commit ourselves to Jesus and follow Him, we are assured that His promises to us will be fulfilled. We just have to have faith.

Hebrews 11:1 (ESV) says,

“Now faith is the assurance of things hoped for, the conviction of things not seen.”

Faith is hope in action. It's a choice to believe God will do what He said He would. Even when we don't understand our current circumstances, we can have faith God's still at work in our lives.

When we are faithless, He will graciously give us faith, without measure. Where do you need to have faith today, friend? Our God is faithful!

Father God, You are always so faithful. I believe You will do what You say You will, even when I don't understand the circumstances around me. I know You are still at work in my life.

When I'm faithless, give me faith. In Your precious name. Amen!