



# DO NOT BE ANXIOUS

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6 | DEVOTIONAL 9*

Last year, I was constantly gripped with worry about a sick family member that was in and out of hospital. This season came with increasing hospital bills, sleepless nights, low energy levels and a lot of discouragement as the days wore on. My mind was plagued with numerous questions as I tried to accomplish things in my own strength.

Perhaps just like me, you worry about family, finances, marriage, friends, health, career, choosing a life partner, grades or the future. The ordinary cares of life. Or maybe you worry about a decision you have to make, or a relationship with a friend. All these worries can leave us feeling inadequate, stressed out and even scared about the future. I am no stranger to worry, in fact, it comes to me quite fast and easy too.

It is easy to worry and be anxious about the unknown, about decisions that could possibly change the trajectory of your life. Sometimes you may need to even hear God speak clearly about a matter and show you the way. Like me, have you found yourself sharing the matter with friends more than you talk to God about it? The need for human compassion is always a temptation to settle for less and forget to

talk to God. As human beings we tend to get distracted by our circumstances, the pain that comes with life changes and forget to pray.

The Bible gives us clarity about what to do with our worries – Pray about it and give thanks to God. He implores us to turn to Him when worry creeps in. When worry starts to work its way into our minds, we can make the choice to stop and pray. Our prayer does not have to be formal or lengthy – God simply wants us to talk to Him. Like the hymnist writes, “What a privilege to carry everything to God in prayer.” Will you turn to God in prayer and thanksgiving?

God also promises us that when we give Him our worry and fear, He will give us peace about the matter. **“And the peace of God, which transcends all human understanding, will guard your hearts and your minds in Christ Jesus.” - Philippians 4:7.** May we be reminded that God is bigger and stronger than any worries we might have.

**Prayer: Dear Lord, I choose to surrender everything that is worrying me about my life. Help me to trust in You and pray about everything in Jesus name, Amen.**