

March 23, 2020

Read Philippians 4:4-7

"May you always be joyful in your union with the Lord. I say it again, rejoice! Show a gentle attitude toward everyone. The Lord is coming soon. Don't worry about anything, but in all your prayers ask God for what you need, always asking Him with a thankful heart. And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus."

Philippians 4:4-7 Good News Translation

Don't worry about anything!!! That's a tough one for me! It is a constant struggle. I worry about my kids and grands, but all that does is prevent me from enjoying the moment and the peace God has promised me.

This year, I am consciously trusting God moment by moment, practicing the presence of Him, and giving Him thanks for all the blessings He has given me. I am learning to slow down, and not "sweat the small stuff". I am rejoicing in the miracles I see every day. It is so easy to get side tracked and begin to stress. I am learning to tell the Devil to "leave me alone" and get back in sync with the Holy Spirit.

Life is not easy. We live in anxious times, we deal with health issues and other burdens. Jesus says don't worry, don't be anxious, don't fret. Jesus says to ask God for what you need, always asking with a thankful heart. And, He will give us peace and keep our hearts and minds safe in union with Christ Jesus. During this season of Lent, remember what Christ did for YOU, so that you may have this peace.

Prayer: Lord, help me to trust in You moment by moment. Worrying and fretting about things do not change the outcome, but spoil the moment of having peace and joy in my life. Fill me up with Your peace, which passes all understanding, and keep me safe in union with You. Amen

Terry Rooks