



Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Father God, there are many times when a feeling of anxiety moves into my heart and mind. When I hear of family problems and cannot help in any way, anxiety. I am tempted to be anxious when I think about money with a change in income, and the large expenses that I know about. I am tempted to be anxious when I experience something new in my health, something that I think may make me weaker, unable to help myself...I worry about good friends I have had for years and hear that they have needs. Father, thank you for your words to me...to all of us who are your children...that we need not be anxious, but in EVERY SITUATION I'm to come to you. Help me. Amen.

