



1 Peter 5:7

Cast all your anxiety on him because he cares for you.

What is the opposite of anxiety? Could it be peacefulness or acquiescence? The Bible says no. It is trust. It is knowing that you have a father in heaven to whom nothing is impossible, and who also loves you infinitely. It makes no sense to be anxious about things – He has offered to take care of you and to provide in all your needs! All you have to do is trust in Him ...

*Lord, I don't want to toss and turn about things any more.
Help me to trust in You and please take care of me, Lord!*



Matthew 6:32-33

For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first the kingdom and his righteousness, and all these things will be given to you as well.

What is God's plan for the anxiety in your life? Two things. One: Learn to trust Him. And two: Take your focus away from your own troubles and focus on his things. Jesus says you should seek first his kingdom. Rather use your energy to seek his will and to serve Him and your neighbour. This will not only help you to forget about your own anxiety, but while you do this, He will solve the problems.

Lord, help me not to be overcome by my problems, but to rather occupy myself with the things You want me to do.