

Matthew 6:27-30 NLT

Can all your worries add a single moment to your life? “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

Worry is a direct result of believing God doesn’t care enough!

Philippians 4:6-7 NLT

Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

3 Steps to replacing worry with peace:

1. Trust in His promise

Matthew 11:28 CEV

If you are tired from carrying heavy burdens, come to me and I will give you rest.

2. Release your cares

1 Peter 5:7 NLT

Give all your worries and cares to God, for he cares about you.

3. Recall His faithfulness

Psalms 63:6-7 NIV

On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings.

Response

I’m choosing peace over worry!