

SEASON OF

anxiety

Lord Almighty, blessed is the one who trusts in you. // Psalm 84:12

SCRIPTURE

Jesus Speaks

Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?"

*“Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you – you of little faith! And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.” // **Luke 12:22-31 (NIV)***

OBSERVATION

SCRIPTURE

David Writes

By your words I can see where I'm going; they throw a beam of light on my dark path. I've committed myself and I'll never turn back from living by your righteous order. Everything's falling apart on me, God; put me together again with your Word.

Festoon me with your finest sayings, God; teach me your holy rules. My life is as close as my own hands, but I don't forget what you have revealed. The wicked do their best to throw me off track, but I don't swerve an inch from your course. I inherited your book on living; it's mine forever—what a gift! And how happy it makes me! I concentrate on doing exactly what you say—
I always have and always will. // Psalm 119:105-112 (MSG)

OBSERVATION

SCRIPTURE

Paul Writes

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. // **Philippians 4:6-7 (MSG)**

OBSERVATION

