

## THURSDAY

## DEVOTIONAL BY CARLEY

When I was growing up, my mom would often call me a “worry-wart” because I was constantly worrying about anything and EVERYTHING! For example, whenever my sister would go somewhere without me, I would be in constant worry until she got home because I didn’t want anything to happen to her. Or every time I got sick I would worry that it was worse than what it really was. In these times of worry, my mom would recite to me this verse: Philippians 4:6-7: *“Do not be anxious about anything, but in every situation, be in prayer and supplication, 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.”* What Paul is urging us to do in this verse is to not worry, but instead cling to God and to turn our worry into prayer and thanksgiving. With everything going on now with the outbreak of the Coronavirus, it can be hard not to worry! Our plans that we have been waiting for are being canceled, we are concerned about getting sick or getting others sick, and society has basically come to a complete stop. Yet in all of this craziness and worry, God reminds us to do one thing: Psalm 46:10: *“Be still and know that I am God.”*

I know it can be hard to see the plans that God has but we have to be still and know that He is greater than and that He has a plan and a purpose for everything. Today I want to challenge you to think about something that you’ve been really worried about and I want you to spend 5 minutes (or more) just giving those worries to God through prayer. And remember! In these times of confusion, worry, and unknowing “be still and know” that God is in control.

## PSALM 46:10

HE SAYS, “BE STILL, AND KNOW THAT I AM GOD;

*Connect with us!*

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