

Day #11

Do not be anxious about anything, but in everything, 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.

— Philippians 4:6–7

Freedom from Fear

Try to understand what needs to be understood
Worrying does not do anyone any good

In order for your worries to be whisked away
Pray... and accept tomorrow before it's today

For whatever has happened, cannot be undone
And all that is to come, is known by only One

So don't fear the future—whatever it may bring
Just be prepared to not anticipate a thing

Request the Peace of God to guard your heart and mind
Allow Him to let you leave your worries behind

From the bondage of all fear and anxiety
God is here—willing and able to set you free

What are you worrying about? What do you fear?

What good have you found that comes from worrying?

Why should you present your requests and release your worries to God?

Try This

There are two types of worries:

1. That which you can do something about.
2. That which you have no control over.

Make a list of all your worries. Identify that which you can do something about; then decide possible plans of action. As for what's left, take a deep breath; as you exhale, pray for God to take those worries away (read off each item and, as it leaves your lips, release it to God). When finished, crumple up or shred apart the list, and throw it away.

(To download a *Worry Release Sheet*, go to EternalThanks.com.)

Next time you feel overly anxious, repeat the above steps.

Today's Good News

You can have freedom from fear!