

DEVOTION FOUR.

Remind Yourself



Worry is our inability or unwillingness to trust God. Ouch, that kind of hurts, doesn't it? But if we really get to the issue of worry, we have to admit that we just don't know if God will do what we want Him to do in our lives. So we worry and ask questions amidst our doubts. Will He...

...protect our family? ...heal our friendships? ...provide for our families? ...bring healing?

Since we don't know what lies ahead, we must choose to walk in faith and trust the God we have come to know. When we remind ourselves of what He has done in the past, we can rest in the present and have hope for the future. There is so much we can remember about God, His ability, and His character. Here are just a few things:

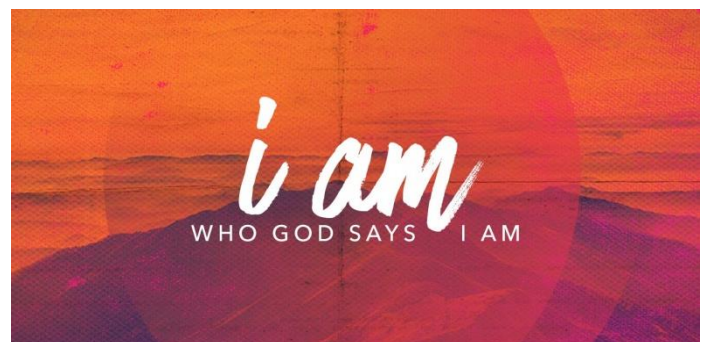
- *He is everlasting, never becoming tired or growing weary while simultaneously depositing new strength in us (Isaiah 40:28).*
- *He is our Provider of help, never sleeping but instead, watching over us (Psalm 121:2-4).*
- *He grants overwhelming victory to us and never allows anything to separate us from His love (Romans 8:35-39).*
- *He holds our concerns because He cares so deeply for us (1 Peter 5:7).*

This God, *our* God, is the One whom we can trust. There's no one like Him anywhere, ever. He's all-powerful, all-knowing, and present all the time. There's never a place where we'll be that He's not already there. He guides, comforts, supplies, strengthens, and provides for us because we are His children, and He adores us. Reminding ourselves of this and living it out every day should help us eradicate the symptom of worry from our lives.

We weren't born to be worriers. We were born to be warriors! The same power that raised our Saviour from the dead is available to us through our Heavenly Father. Here is what God says about us:

- *He says that we are His children and co-heirs with Christ Jesus. (Romans 8:17)*
- *He calls us more than conquerors. (Romans 8:37)*
- *He created us as His masterpiece and His workmanship, to do good works. (Ephesians 2:10)*
- *He has chosen us, and we are His very own possession. (1 Peter 2:9)*
- *He has called out of darkness into His marvellous light. (1 Peter 2:9)*

Eliminating worry from overtaking our lives just takes intentionality on our part. We have to stop toxic, worrisome thoughts so that they don't stop us from living the life God has called us to. And we do this by claiming and applying God's truth to our lives and trusting Him *in faith* since we can't see what tomorrow holds. Our God is good all the time and has the very best plan laid out for us to be a part of.



WHO YOU SAY I AM – Hillsong Worship

<https://www.youtube.com/watch?v=lKw6uqtGFfo>



Read and meditate on MATTHEW 6:19-34