

10. Cast all your cares, concerns and worries on God for He cares about you and all that concerns you. (1 Peter 5:7)

No matter what comes to our lives, the Prince of peace will never leave or forsake His own. "The LORD gives His people strength; the LORD blesses His people with peace." (Psalm 29:11 HCSB) That is a guarantee!

SATURDAY/SUNDAY AUGUST 14 & 15

DO NOT FRET Philippians 4:6-7

Depending on circumstances which arise in our lives, it can often be easy to start fretting over those situations...particularly if everything seems to be out of control in our world. However, when we begin to allow anxiousness and worry to accompany those circumstances they will greatly hinder our trust in God. When we allow the worry to operate, it basically says to God that this circumstance which I am looking at is bigger than Him. If God is truly in control of our lives, He has control over our circumstances as well as the rest of our lives. If you stop and think about it, we really don't have control over anything. Paul tells us that when worry wants to be a part of our life, we can counter-attack by our prayers and petitions along with thanksgiving (not complaining). (Philippians 4:6)

The promise is when we do that, God's peace will keep watch; act as a garrison around our hearts (Philippians 4:7). We find throughout God's Word and in Paul's letter to the Philippians 10 secrets for the cure of worry when we apply what His Word says.

1. When worry accompanies the circumstances of life, immediately renounce the worry (verse 6). "Therefore, submit to God. But resist the Devil, and he will flee from you." (James 4:7 HCSB)
2. As previously mentioned, when we counter worry with our prayers, petitions, and thanksgiving, we open the way for God's peace to guard our hearts through Jesus (verse 7).
3. Don't entertain or allow wrong thoughts to reside in your mind, but rather think on the right things. "Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable - if there is any moral excellence and if there is any praise - dwell on these things.!" (Verse 8)
4. Keep your mind fixed on God Who is always in control. His promise is to keep us in perfect peace when we do (Isaiah 26:3).
5. We have available to us weapons for spiritual warfare. We need to put them to use as they bring down strongholds (2 Corinthians 10:4-6).
6. Put on the whole armor of God so you can stand against the tactics of the Devil (Ephesians 6:10-18).
7. Allow the faith in God to be a strong foundation. Maintain and strengthen it daily. (Mark 11:22-24; Matthew 7: 7-11; Matthew 17:20; Matthew 6:25-34)
8. Live and walk in the Spirit on a daily basis. (Galatians 5:16-26; Romans 8:1-13; Romans 6:14-23)
9. Do not throw away your confidence in God. (Hebrews 3:6; Hebrews 3:12-14; Hebrews 10:35-39)