

**DAY** **PSALM 23****1**

“Christian Atheist” is often an apt descriptor for believers. We say we believe in God’s power. We say we believe in Jesus’ great love for us and His sacrifice for our sin. BUT ... when a medical report is bad, finances go awry, and children rebel, we sometimes act like there is no God who loves and values us. We talk and think like we are alone in this trouble, and God is unable to help. What is God’s response to our pain? “Come, seek, meet Me.” Where the Good Shepherd walks, you will find security, peace, and well-being. How do we meet Him there? Open your Bible, His inspired Word to you. Try reading the Psalms. Stay awash daily in what He says, for you are His infinitely cherished child. Keep up an all-day conversation with Him, slipping your worries into His hands. Discover this: The Lord is your Shepherd.

DAY **PSALM 46****2**

Where do you go when life is pressing and fear is rising? Every creature has within it a desire to find a safe place in time of trouble. Animals faced with fire or flood run to find safety. Ancient people ran to fortresses and castles for protection when they were threatened. Even today, sanctuary cities are designated where people can find refuge. But running to a walled fortress or sanctuary city, when your husband walks out of your life or your father dies or your bank account is empty, is a fruitless pursuit—the worries go with you. When your world rocks, run to God. Pour out every bit of your pain at His doorstep. Talk it out and cry it through with Him. Then, be still ... He has heard you. Know that the God of the universe is on your side. He is the only unailing refuge.

DAY **2 KINGS 6:8-17****3**

Our world offers no end of causes for worry. Terrorism on planes, in malls, and at restaurants kills people unexpectedly as they go about their daily lives. The opioid epidemic sucks in both young and old. Moral decay of our culture opens the door to any perverted activity. The world says, “Do whatever makes you happy.” Raising our families and living our individual lives have become a battle. How will you protect yourself and those you love? This is the stuff of full-fledged worry. As believers in Almighty God, we need to shift our focus. Take your eyes off the activity of the enemy. When Elisha wanted his servant to know God’s protection, he prayed, “Open his eyes, Lord, so he can see.” You are surrounded by God’s care and His presence. He is above, behind, before, around, and with you. Open your eyes to Him and rest in His care.

DAY HEBREWS 13:5-6

4

Sometimes we put ourselves in worrisome situations. Take, for instance, our finances. The mechanic says my '07 Honda is in thumbs-up condition, and it's paid for, but it sure is looking dated. I don't need (but wouldn't I like) a spiffy new crossover. Often, we look around and lust after things that aren't necessary. What is it for you? A house at the lake? Yet another pair of shoes? A pricey vacation? New golf clubs? Dinner out three nights a week? Our desires can heap us with a load of financial worries. God wants us to be content with what we have. But how do we achieve contentment in this "I want better, bigger, more culture"? By giving thanks for all we do have and by remembering that we are the most blessed people. God will never leave or forsake us. He is faithful forever. Is God enough for you?

DAY PHILIPPIANS 4:6-7

5

What if my husband dies? What if I'm next in the company layoffs? What if I'm alone in my old age? What if my daughter returns to her drug habit? What if I never marry? What if a tornado takes the roof off my house? You can never survive the "what if's." They will devour every bit of peace in your life. If you really want to please God, follow the triage measures He has given us for the what-if's: pray and give thanks. Off-load each worry in prayer into God's hands. He wants you to depend on Him. He can do what you cannot, so give your cares to Him. And offer thanks for what you have: your husband is alive—today, you have a good job—today, your daughter is drug-free—today, the sun is shining—today. For today, we can give thanks. For tomorrow, we can pray and trust God.

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