

Daily Devotion For May 2, 2021

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philipians 4:6-7*

Yesterday, my daughter Sherry had the opportunity and privilege of sharing her testimony for the Union Church Virtual Ladies Tea. The title of her message was "Peace That Transcends Understanding."

On December 19, 2015, she went from a healthy and active 19 year old college student to lying on her back in a hospital unable to move from her shoulders down. During those first few hours and days as she lay in the hospital, one of the things that kept her and I going was our faith in Jesus Christ.

In the midst of our time of uncertainty, we did recognize that one thing was sure, and that was Jesus Christ was in control of our circumstances. For Sherry, Philipians 4:6-7 settled her heart, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

The word *anxiety* means to be pulled apart in many directions, leaving a person divided and distracted. Life's circumstances have a way of doing this to all of us and anxiety seems like a natural response. Here in Philipians, however, Paul is saying we can make a conscious decision not to be this way. He is saying we can choose to do something when anxious thoughts occur and that is to pray.

**Thought For Today:** What are you anxious about that is robbing you of experiencing God's peace? Instead of being anxious, in every situation we are to pray, petition and thankfully present our request to God. Although difficult to do, when we feel anxiety in our body, we are to rephrase our anxious thoughts as prayers and petitions with thanksgiving.

**Today's Prayer Focus:** Take time now to stop and pray. Cast your anxiety to the Lord. Give your worries over to Him today and allow his peace to guard your heart and mind in Christ Jesus. Take time to review this week's prayer fuel and add a few prayer points to your time of prayer. Deo Volente.