

Daily Devotion for February 16, 2022

"Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be known to God." Philippians 4:6

Yesterday morning at my swim class, I was talking with one of the fellow swimmers, Thad Sigourney, whose daughter Brita will be competing in tonight's Olympics in the Women's Freeski Halfpipe. Brita from Monterey is in her third Olympics and won the Olympic Bronze medal in 2018. NBC will be televising this even in their programming from 5:30 to 9:00 p.m. Thad was sharing that his daughter said that it was minus 22 degrees in Beijing and that it is so cold that the competitors can't feel their feet which makes their acrobatic moves difficult.

This brought to mind the question, have you ever had cold feet? In our study on Moses on Thursday evening, we see that Moses initially had cold feet when God told him to go to Pharaoh and demand that he let the children of Israel go free.

How many times have you been nervous about something? I get cold feet when I need to get up in front of big crowds and deliver a message. We all handle these situations differently. Some of us get sick to our stomachs. Some cannot stop talking or moving around. Others come across as unfazed and seem to know the secret to remaining calm.

God not only tells us how to remain calm, in Philippians He gives us a command. We are not to be anxious about anything. If we worry about what is about to happen, we are going against His direct command. Worrying shows a lack of confidence in God's sovereignty. If that were not enough, He tells us what to do when we do get a little nervous: pray and talk to Him. In any life situation that makes us anxious, we need to pray to the Father who has everything under control.

Thought For Today: Can you recall a time when you had cold feet? What do you do when you are nervous or anxious? What are three practical things you can do to remind yourself of the promises of God when you are nervous?

Today's Prayer Focus: Thank God that He is Sovereign and in Control of your life's circumstances. Cast your worries, your burdens and cares upon the Lord because He cares for you. Pray for Brita Sigourney that she'll be able to feel her feet. Deo Volente.