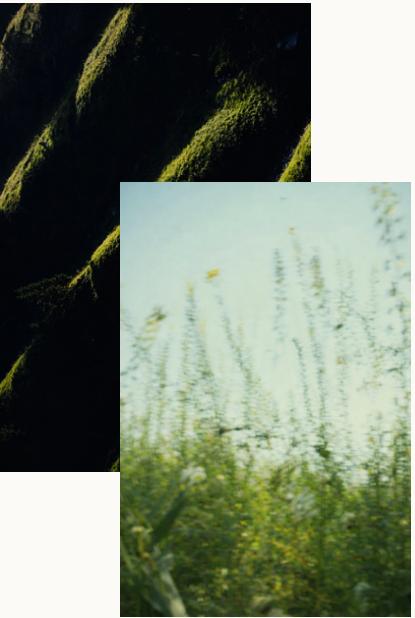




Twenty One ————— Days
Of Prayer & Fasting



day four:

the peace of God

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

Anxiety can often be like a never-ending cyclone of emotions that seems to be inescapable, a pit that feels too deep to surface, or a chain that just can't seem to break. Some days seem lighter than others, but when those hard days come, we just can't seem to free ourselves from the heaviness of anxiousness.

In those moments, Scripture invites us to do the opposite of what feels natural: to lean on God and choose a posture of thanksgiving. This choice is not easy, but it is powerful. Gratitude shifts our focus from what overwhelms us to who sustains us. It reminds us that the God we serve is a God of peace in chaos, strength in weakness, and faithfulness in every season. As we continue these 21 Days of Prayer and Fasting, let us challenge ourselves to release what holds us captive and to fix our eyes on the Father. When anxiety rises, may we return to Him again and again, trusting that His peace is deeper than our fears and strong enough to steady our hearts.