

Day 15

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done” (Philippians 4:6, NLT).

Have you ever felt overwhelmed with responsibilities while working with too little time and too few resources? Then, a well-meaning friend says, “Calm down.” I admit that my thoughts and attitude transform into anything but calm. Paul’s words in Philippians 4:6 can cause a similar reaction in me. Don’t worry about anything?! How is that possible when there is so much to worry about?

Paul wrote this as a prescription of sorts. How can we set aside worry? Pray. “Tell God what you need.” When I feel overwhelmed with tasks to complete, it helps to list what needs to be done. It organizes the plates that are spinning in my mind into recognizable tasks. Similarly, telling God what we need calms the chaos. Laying what we need at the feet of the only One who can meet our need releases the worry over trying to meet the need ourselves. Worry often stems from attempting to solve a problem we are not capable of solving.

What is the second part of Paul’s prescription? “Thank Him for all He has done.” The Bible is full of examples of the Israelites reciting how God rescued them in the past as they faced a new challenge. For example, “Remember how the Lord your God led you through the wilderness for these forty years” (Deuteronomy 8:2). Keeping a journal of specific instances of answered prayer is a helpful practice. When worry threatens to overwhelm us, we can remember all God has done in the past to trust Him to answer our current prayers.

What worries are plaguing you right now?

How has God shown Himself faithful and trustworthy in the past?

Lord, I present my need to You, trusting that You will answer my prayer. I thank You for how You have answered my prayers in the past and place my faith in You to provide.