



# Weekly Devotion

Weekly Devotion for June 10

## ***Tomorrow's Troubles...Today's Peace*** by Carol Pohl

*"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."* — **Philippians 4:6–7**

Are you a waste-er? Do you throw out things that still have use to them? Do you fill up your garbage bag QUICKLY? Does your trashman bring extra workers when he comes to your house each week? I'll bet your answer is "NO!" But I'll also bet you waste a thing called time. During the day, especially when you lie on your pillow each night! Do you tackle problems as you try to sleep? Is your mind going the speed limit? There's a better way! The antidote to WORRY is to give God your problems and TRUST HIM to solve them. After all, He loves you. He knows EVERYTHING. He wants what's best for you for the rest of your life. You can't go wrong with Jesus! He'll give each of us the "peace that passes all understanding." For worrying does not take away tomorrow's troubles; it takes away today's PEACE!

Journaling:

Tell about a time you gave your worries and problems to God. How did it help?

What are you worrying about today that you can give to God?

