

*The eleventh commandment is “Thou
shalt not sweat it”*

November 14

So often, worry washes through our lives like high tides erode sand castles. Dread of the unknown, the possibilities, and the “what ifs” fill our thoughts until we see and think of nothing else. But Paul admonished Timothy that God had not given him a spirit of fear. Instead, Paul encouraged Timothy that God provides every Christian with a spirit of power, love, and a sound mind. So, when faced with the unavoidable anxieties of your day, cast your care on the Lord ... as many times as it takes. He will help you through the storms and struggles of your life.

Prayer for Today

Heavenly Father, I choose today to set my mind on the things above, not on the things of this life that cause me stress. I know I can and will do all things through Christ who strengthens me, and I am an overcomer. The problems I face will not overwhelm me. I will overwhelm my problems with the Word of God. Through faith and patience, I will inherit Your promises.

Scriptures for Today

2 Timothy 1:7 For God has not given us a spirit of fear and timidity, but of power and love and self-discipline. (NLT)

1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear involves torment, and the one who fears is not perfected in love. (NKJV)

Philippians 4:6-7 Be anxious for nothing, 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. (NKJV)