

*My hope is in You, God, and I lift my prayers before You.
My Strength. My Song. My Salvation.*

Keep me in touch with You - one day at a time. One step at a time. My mind can race wild with concerns that spin into worry - followed quickly by anxiety and fear. Please quiet my thoughts. Relieve my anxieties. Fill my mind with praise for I know that You are in control. Thank You for Your faithful walk with me, Jesus. Help me hold unswervingly to the great Hope You provide.

Let me wait on You, Lord, and be empowered to handle each day as it comes.

One day at a time. One moment at a time.

*What a blessing it is to lift up this prayer in the Name of Jesus
and to be confident in Your saving grace. ~ Amen*

JESUS SPEAKS:

Trust Me and refuse to worry, for I am your Strength and Song. You are feeling wobbly, looking at difficult times looming ahead, measuring them against your own strength. However, they are not today’s tasks - or even tomorrow’s. So leave them in the future and come home to the present, where you will find Me waiting for you. Since I am your Strength, I can empower you to handle each task as it comes. Because I am your Song, I can give you joy as you work alongside Me.

Keep bringing your mind back to the present moment. Among all My creatures, only humans can anticipate future events. This ability is a blessing, but it becomes a curse whenever it is misused. If you use your magnificent mind to worry about tomorrow, you cloak yourself in dark unbelief. However, when the hope of heaven fills your thoughts, the Light of My Presence envelops you. Though heaven is future, it is also present tense. As you walk in the Light with Me, you have one foot on earth and one foot in heaven.

*The Lord is my Strength and my Song;
He has become my Salvation.
He is my God, and I will praise Him,
My father’s God, and I will exalt Him.*

~ Exodus 15:2

*We demolish arguments and every pretension
that sets itself up against the knowledge of God,
And we take captive every thought
to make it obedient to Christ.*

~ II Corinthians 10:5

*Let us hold unswervingly to the Hope we profess,
for He who promised is faithful.*

~ Hebrews 10:23