

Cares and Concerns

Philippians 4:6-7, “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.” (ESV)

Dear Father in Heaven,

So much in my life is broken. I have so many concerns and cares, and they weigh me down. While I desire to cast my cares upon You, I find I usually pick them back up again, and they only add more anxiety and stress. Please help me learn to cast my cares on You as I learn what it means to rest and trust in You.

In Jesus' Name, Amen.