



#FirstFieldsFamily Challenge Devotional

Choose Joy

Always be full of joy in the Lord. I say it again – rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
Philippians 4:4-7

Anxiety is a big deal. Odds are that you've wrestled with it. It is that feeling you get when you're uncertain about the future. You get nervous, scared, maybe even unable to think or move because of what might happen. In fact, you may be worrying right now about some virus that you don't really understand. It can be tough to understand when Paul says, "Do not be anxious about anything."

What do you do when you are scared or worried about something?

What are some things you and your family are worried or anxious about right now?

So how do we stop worry and find joy in our lives? God's Word says to pray about everything. When there are things in our lives that scare us, or things we cannot solve on our own, or things that make us feel unsafe; we need to tell God about them. God holds the future, and nothing happens without His knowledge – not even some weird virus that has everybody "sheltered in place." We can trust Him because He loves us, He walks with us, and nothing is beyond His reach.

When we pray about everything, we find the peace of God. We can rest in knowing that our hearts and minds are being guarded daily by Jesus as we lift everything to Him in prayer. As we do these things, we will have joy in our hearts!!

What are things that you need to lift up to God in prayer today?