



Prayer Journal

DAY 7

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Phillipians 4:4-7

Rejoice...Always? Are you sure? Even in sickness? Pain? Loss? Trials? Grief? Hurt? Suffering? Yes, even more so in these times, because God is near. He is with you. He lays his peace on you and guards your heart and your mind.

Don't be anxious? How can I do that when I find myself amidst unknowns, uncertainty, doubt, chaos or change? As Paul tells us, it is only through prayer and petition that we can be calmed by God's peace, which transcends all understanding.

God not only dwelt among his people, He lived among them through his son, Jesus Christ. And He still lives among them, us, through the Holy Spirit, whom he sent to us. God is near to us even when He feels far away. He understands us, even when it feels like no one can. Therefore, in all of life's events, the hard and exciting times, rejoice, be thankful and talk to God. He is ready to cover you in His peace and love. He will protect and provide.

PRAYER

Most gracious Father, you know all, see all and comprehend all. I pray that you guide me in all ways. When challenges enter my life and I lose sight of your goodness or I become anxious, please softly help me to see your daily provisions in my life. When I seem to not understand, help me to lean on your understanding.

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