



Prayer Journal

DAY 26

"I sought the Lord, and He answered me; He delivered me from all my fears. Those who look to Him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; He saved him out of all his troubles. The angel of the Lord encamps around those who fear Him, and He delivers them. Taste and see that the Lord is good; blessed is the one who takes refuge in Him."

Psalm 34:4-8

How often do we fear something throughout our daily routine? We panic thinking we forgot something, or anxiety sets in about a meeting, a bill that is due, or even what we are going to eat next.

Fear is a very powerful force that we must deal with almost daily. It can take our focus away from what we should be trying to accomplish to the point we start to doubt ourselves and abilities. The devil uses fear to take our focus from God, as well. He can twist and turn our lives upside down to the point we lose our focus on our Father, who will deliver us from our fears. We must constantly pray to our Father and turn over all our fears and worries. He wants them, and He is willing to take them. Take refuge in the Father, for He is good.

PRAYER

Dear Lord, I give you my worries, fears, anxiety and all other things that distract me from your presence. Help me to focus on you and only you because I know my burdens are in your hands. Guide me as I walk daily with you. Thank you for loving and protecting me. In your Son's precious name, amen.

Written by: Tony Harris

