

December 28

Trade Worry for Peace

Read: Philippians 4:6-7 (NIRV)

Don't worry about anything. Instead, tell God about everything. Ask Him for what you need. And give thanks. Then God's peace will watch over your hearts and your minds because you belong to Christ Jesus. His peace can never be completely understood.

Family Thought:

Worry feels like having a heavy backpack that gets heavier and heavier. But Yahweh invites us to hand those worries to Him. When we do, He replaces them with peace – a calmness that comes from knowing He is in control.

Talk About It:

- What are things you worry about?
- How can we tell Yahweh what we need instead of worrying?

Pray:

Yahweh, we give You our worries today. Please fill our hearts with Your peace. Amen.