

Personal Devotional

(by Crystal Craig)

"Give us this day our daily bread." –Matthew 6:11

"...do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"— Matthew 6:25-26

God's Got This

We never worry that the sun might not rise in the morning, because we know that it will creep over the horizon and send darkness fleeing as it always does.

We don't know the exact second or if we'll even be able to see it through the clouds on any given day, and yet we trust God's design: the sun will rise and provide life-sustaining light.

We have no illusion that we can control the sun, so we leave it in God's hands, and He provides the light we need for our health, for the animals to live, for the plants to grow and produce the oxygen we need to breathe and eat.

We accept that certain things are in God's hands, and we choose not to worry about them. Truthfully, all things are in God's hands, but we try to wrench some of those things away, mistakenly believing we can control them and handle them on our own.

And when the money doesn't stretch far enough to cover the bills, we worry. When the refrigerator shelves become bare, we stress about how we will feed ourselves and our family. When the medical bills are pouring in, we worry about how we're going to pay for medical care. We worry and stress because we've convinced ourselves that we should be able to control these things under our own power, and we can't. What we *can* do is our best, and trust that God will handle the rest.

God assures us that we can always rely on Him to take care of our needs. He's been providing for His children since the moment of creation, and He will continue to do so, using means that wouldn't have even occurred to us. We need to trust that He will provide for us as surely as the sun will rise.

Self-Reflection

- What do you find yourself worrying about?
- Does worrying fix the problems?
- What aspect of your life are you trying and failing to control that you can place back in God's hands?

Prayer

Heavenly Father, You know my needs even before I speak them. Help me to rest in the knowledge that You will meet each of those needs in Your own way and Your own time. And if there is someone else struggling, Lord, I am ready and willing for You to use me to fulfill their need.