PRAYER TO CARRY TODAY

THE DAY IS DONE.
SO IS ITS HOLD ON YOU.

Lord, thank You for what went right today.

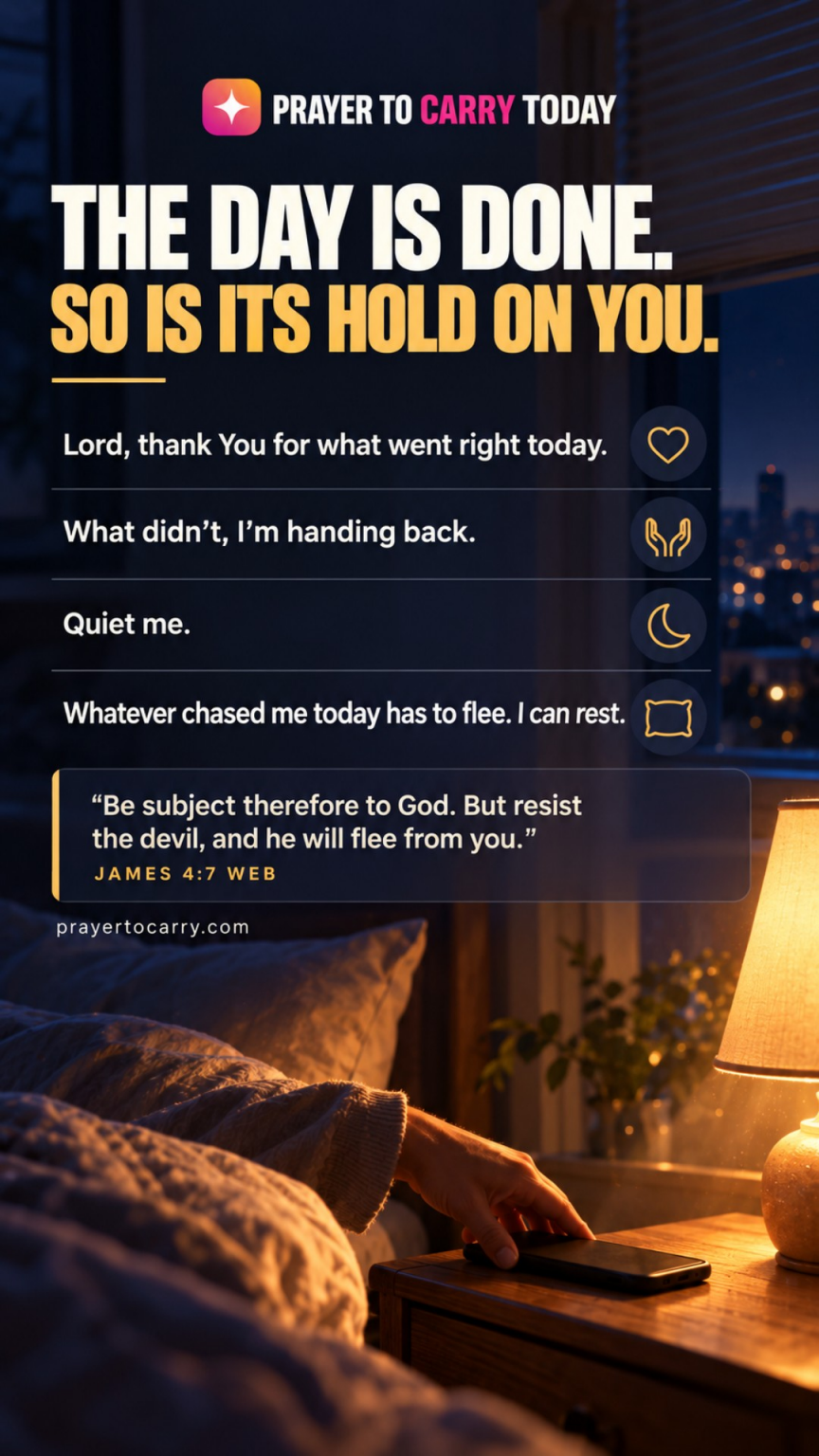
What didn't, I'm handing back.

Quiet me.

Whatever chased me today has to flee. I can rest.

> "Be subject therefore to God. But resist the devil, and he will flee from you."
> JAMES 4:7 WEB

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PRAYER TO CARRY TODAY

FREE TO REST

Some days follow you to bed. A harsh word, a temptation you fought all afternoon, a worry that kept circling back. Even after the lights are off, it can feel as if the day hasn't let go of you.

James gives a simple order of things: "Be subject therefore to God. Resist the devil, and he will flee from you." Notice what comes first. You don't resist by gritting your teeth on your own. You resist by placing yourself under God's care, and what has been chasing you loses its hold.

Before you sleep, go back over today briefly. Thank God for one good moment from it. Then name the thing that's still pulling at you, and say, "I belong to God." Leave it there, and let yourself rest.

PRAYER TO CARRY TODAY

SCRIPTURE

Be subject therefore to God. But resist the devil, and he will flee from you.

JAMES 4:7 (WEB)

A PRAYER FOR TODAY

Lord, the day won't let go of me, even in the dark. I'm Yours. Help me resist what's pulling at me, and hold me while I sleep.

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