PRAYER TO CARRY TODAY

TELL HIM EVERYTHING.
HIS PEACE STANDS GUARD.

**Lord, here it all is, with thanks.
Guard my heart and my thoughts.**

"In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus."

PHILIPPIANS 4:6-7 WEB

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PRAYER TO CARRY TODAY

PEACE POSTED AT THE DOOR

Halfway through the day, your mind can feel like a station at rush hour. Thoughts come in from every direction, each one urgent, and none of them will stand still long enough to be dealt with.

Paul wrote these words from prison, and the word he used for guard is a soldier's word: a sentry posted at a gate. He doesn't promise that the list will vanish. He says to bring all of it to God, every request, and to bring it with thanks. Then God's peace takes up its post over your heart and your thoughts. You may not be able to explain that peace, and you don't need to.

Take a scrap of paper now. Write down

PRAYER TO CARRY TODAY

the three things weighing on you most, and next to each one write one thing you're thankful for. Fold it, put it in your pocket, and go back to your afternoon.

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SCRIPTURE

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PHILIPPIANS 4:6-7 (WEB)

A PRAYER FOR TODAY

Lord, my head is a crowded station today. I'm holding out all of it in open hands, and thanking You. Let Your peace stand guard.

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