PRAYER TO CARRY TODAY

HE HEARD YOU.
EVERY FEAR IS LIFTING.

Lord, I was afraid most of today,
and You answered. Clear what's left.

"I sought the LORD, and he answered me,
and delivered me from all my fears."

PSALMS 34:4 WEB

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PRAYER TO CARRY TODAY

LOOK AT WHAT HE DID

Some days fear doesn't shout. It just hums underneath everything, from the first message of the morning to the trip home, and you don't notice how tired it made you until the evening.

David wrote these words after one of the most frightening days of his life, cornered in a foreign king's court and pretending to be out of his mind to get away. Looking back, this is what he saw: "I sought the LORD, and he answered me, and delivered me from all my fears" (Psalm 34:4). Not some of them. All. He told it out loud so that others could hear it and take heart.

Before the day ends, take a scrap of paper and write down one thing you were afraid of today. Next to it, write what actually happened. Seeing it in your own handwriting is a way of noticing that He was answering, even while you were still afraid.

PRAYER TO CARRY TODAY

SCRIPTURE

I sought the LORD, and he answered me, and delivered me from all my fears.

PSALMS 34:4 (WEB)

A PRAYER FOR TODAY

Lord, I carried fear under everything today. Thank You for answering me. Clear the last of the storm from my heart, and give me rest.

