

DAILY DEVO'S WITH PHIL

DAY 2 : PEACE OVER PANIC

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7 NIV

Hi there everybody, it's Phil here with another *Daily Devo*. That's a devotion to help you with whatever is going on in your world right now.

In **Philippians 4:6-7**, it says this, *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God,"* what a great idea! *"And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

You know, in this kind of situation that we are all facing currently in our world, we're making a choice to choose **PEACE** when we could be panicking. We're not going to **PANIC**, we're not those people.

The Word of God here says, you know what, when you feel anxious, you don't need to be anxious. When you worry, actually, you don't need to, but when you feel like doing this, make a choice to pray and to give it to God and to be thankful.

Maybe today, maybe even right now, you need to take a moment and write down some things that you are thankful for. Maybe you're thankful for your family, thankful for the friends in your world, thankful for your pet (we have a dog Spencer - I'm thankful for Spencer, most of the time) who knows, why not write it down?

There are a whole lot of things we can be thankful for.

And sometimes when we're anxious it's because we've lost perspective. So, I want to encourage you to gain perspective again and say, *"God I'm bringing whatever my worry and anxiety is to you and here's the things that I am thankful for - thankful for a whole lot."*

It could be that I have health right now. It could be that I can enjoy beautiful sounds or site. There are so many things that we can be thankful for.

So when we lock those together, we pray to God, we give Him whatever we are anxious about and we're thankful, it's amazing how it changes our spirit.

The scripture goes on and says, *"And the peace of God which transcends all understanding."*

You know God's **PEACE** is available and it's available in a way that sometimes you don't even know how you get it or where it comes from. That's why it says *"it transcends all understanding"* and maybe you're thinking ; *"I should be freaking out, but I'm not because I know God's with me. I feel His peace."*

And it says, that *"peace will guard your hearts and your minds."*

Your heart is where we make emotional decisions. You need the **PEACE** of God to help you make good emotional decisions and the **PEACE** of God in our minds, our thinking, to make wise choices.

God's **PEACE** is there for you. Let's be people who choose **PEACE OVER PANIC!**

Spread the love, not the virus.

God bless you.