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***“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:6***

My son is a worrier. He’ll latch onto an issue or a problem and worry it like a dog with a bone. Because of this, he has printed out this verse and has it hanging on his wall as a reminder. The night before he left for his surgery I sat with him in his bedroom, and my eyes fell on this verse. I read it out loud so that we could both hear it.

This week was a stressful one for our household, but amid all of the turmoil, I had a sense of peace. A loved one who observed this said, “I’m glad you’re calm about it; I’m worried sick.” I quoted Philippians 4:6 to them, but they came back with, “Hey, I’m only human.”

How many times do we try to excuse our shortcomings by saying that very thing? If an issue is brought to our attention, we shouldn’t try to find an excuse for it. Instead, we should take the opportunity to let God deal with this in our lives. Whatever your issues are, whether it be worry, anger, bitterness, or anything else, we aren’t to excuse them under the umbrella of our humanity; we are to follow God’s advice to help us deal with these things. Remember that your freedom can be found in Jesus. “***Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord.” ~Romans 7: 24-25a***