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***“In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy.” ~1 Timothy 2:8***

Our pastor read this verse the other day and it got me to thinking. So many times, in our lives we attempt to grasp ahold of things tightly, trying to be in control. I’m guilty of this. I know that approach is not biblical. Control is an illusion. Only God has the ability to truly control the outcome of anything.

Here it tells us to take our hands off of our problems, to let go of our anger, and our quarrels. We’re to let go and let God. Remember that the next time you want to hold on too tightly. Instead, lift up your hands to God.