SIX
Scriptures
To Help You
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2 Samuel 6:14-15 (NIV): Wearing a linen ephod, David was dancing before the Lord with all his might, while he and all Israel were bringing up the ark of the Lord with shouts and the sound of trumpets.

Today: Slow down today. Ask God to show you how to rediscover the little things that make you smile. Belly laugh. I don't care who's watching. Life is sacred. Life goes by fast. Enjoy today.

Philippians 4:8: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable–if anything is excellent or praiseworthy–think about such things.

Today: When you start to replay that scene over and over, refocus to the real battle. Surrender to the plans God has for you.

1 John 4:4 (NIV): You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

Today: Take a deep breath. Show God what is making you anxious. Invite Him in fully.

Matthew 6:6 (MSG): Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

Today: Maybe you've been avoiding God because you think you should have answers, or at least the words to share your need. Sit in His presence. He knows what you need before you even ask.

Galatians 6:9: Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Today: Stop striving. Rest in God for the next 24 hours.

Romans 8:26: In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

Today: When you feel that tension, take a breath. A deep breath. Invite God into the moment as you allow your brain to catch up with your emotions.