

## Rest Under God's Wing

You may feel free and peaceful one day, then the next day life happens. Someone hurts your feelings. Satan sets you up to steal your joy. Your feelings lie to you. Life happens, and you have to get adjusted again.

To continually guard against anxiety, you will have to renew your mind each day. You will have to get up in the morning knowing that before you set your feet on the ground, Satan is going to try to invade your thoughts. He will try to make you think of all the junk you didn't reconcile the day before. He will purposely try whatever he can to get you down. You have to make a conscious effort to stay ahead of him every day.

You have to be the one to drag that tired body out of bed, grab that cup of coffee, and get in your favorite Bible study chair to arm yourself with the Word of God. You have to get to that dwelling place with Jesus immediately and call on Psalm 91:1: "He who dwells in the shelter of the Most High shall abide under the shadow of the Almighty." If you do, then even if the day ahead of you is crazy busy and filled with a to-do list that is a mile long, you can remain at peace because you've chosen to stay under His wing.

Prayer Focus: Spend time with God in prayer. Thank Him that He came so that you may live a life of peace.