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Daily Devotional - Removing Worry From Our Lives

NOVEMBER 09TH 2016 BY DEE LOFLIN

Daily Devotional - Removing Worry From Our Lives

Philippians 4:8-9

People fret over all kinds of issues, from safety and job security to election results. For many folks—and maybe you are one—anxiety is woven so tightly into the fabric of their day that they’ve learned to live with it.

We treat worry like a benign emotion when in fact it can be harmful. Anxiety clouds our thinking, divides our focus, and robs us of concentration. To complicate matters, the body can react to prolonged pressure on the psyche. Stress can manifest physically through tension headaches, elevated blood pressure, and even heart attacks.

Drifting through an exhausting life is not the Lord’s plan for us. Our challenge is to take anxious thoughts captive (2 Cor. 10:5) and replace them with God-pleasing ones by dwelling on that which is pure, good, and right.

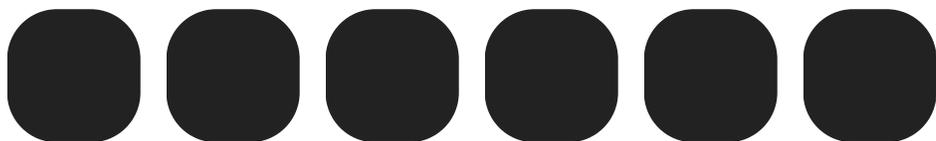
The best way to remove stray threads of worry is to crowd them out with something positive. We do this by weaving Scripture into our mental grid instead. God has something to say about everything that concerns us. If we’re feeling weak or underqualified, [Philippians 4:13](#) assures us we “can do all things through Him who strengthens [us].” If we fear the paycheck won’t cover this month’s expenses, [Matthew 6:31-32](#) reminds us not to be anxious, “for [our] heavenly Father knows that [we] need all these things.”

Jesus said worry adds nothing to our life ([Matt. 6:27](#)). In fact, we actually waste time and energy dwelling on concerns instead of affirming our trust in the Lord. We must choose to set our minds upon Him before anxiety leaves us feeling frayed.

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Daily Devotional - A Burden or a Bridge

NOVEMBER 07TH 2016 BY DEE LOFLIN

[Daily Devotional - A Burden or a Bridge](#)

[2 Corinthians 4:7-18](#)

What word would you use to describe adversity in your life? To most people, it is a heavy, inescapable burden that wears them down, saps their joy, and hinders them from truly living. Christians, however, have the opportunity to see adversity as a bridge leading to a glorious eternal future.

The determining factor in how we view hardship is our perspective. If we focus only on the negative aspects of our earthly life, we'll be drawn into despair and desperation. But if we look at problems from an eternal standpoint, our thinking and attitudes will be transformed in the following ways:

1. Instead of letting difficulties wear us down, we won't lose heart, because we know we're being renewed from within. As we respond in submission to whatever God allows in our life and trust in His good purposes, our character is shaped into Christlikeness and our hope is restored.

2. The despair of feeling that our adversity is inescapable and never-ending will be replaced with strength to endure. Paul said he was afflicted, perplexed, persecuted, struck down, and constantly threatened with death, yet he called it all "light and momentary" compared to eternity (2 Cor. 4:8-11, [2 Cor. 4:17 NIV](#)).

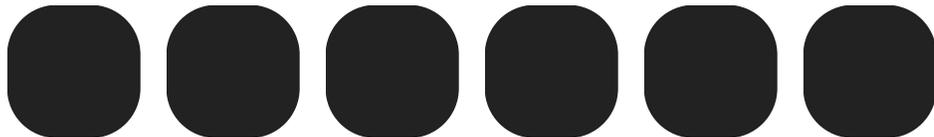
3. Rather than seeing adversity as a thief of all joy and a hindrance to a good life, we should look beyond the present to what the trial is producing for us in heaven— "an eternal weight of glory far beyond all comparison" (2 Cor. 4:17).

Viewing troubles through an eternal lens is an act of faith, which pleases God. It increases our trust in Him, gives us greater passion for our heavenly inheritance, and strengthens us to victoriously cross the bridge of adversity.

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Daily Devotional - The Loss of Hope

NOVEMBER 03RD 2016 BY DEE LOFLIN

Daily Devotional - The Loss of Hope

Acts 27:13-26

Life doesn't always meet our expectations. Even when making plans according to God's lead, we may run into something that interrupts them. Frustration over the obstacle can lead to discouragement and loss of hope. Then, if the hindrance should persist, our spirits may plummet toward despair.

Oftentimes, what trips us up is the circumstance that seems impossible to overcome. Think about Paul's voyage to Rome by sea. When a bad storm arose, the sailors worked hard to save the ship. But since they couldn't control the weather, they gradually gave up all hope of being saved ([Acts 27:20](#)). There are times when we can't change what has happened—whether it's a job loss, a loved one's death, or a devastating diagnosis. In such situations, feelings of hopelessness can overtake us.

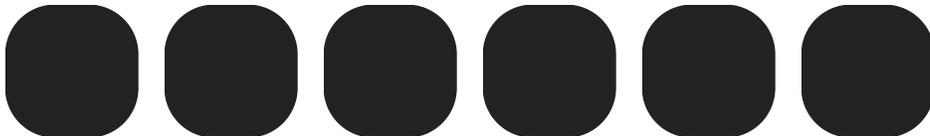
Postponed plans can also be disheartening. Hannah is an example of someone who became dejected because of "hope deferred" (1 Sam. 1:10-11; see also [Prov. 13:12](#)). She saw other women bearing children, but her own maternal desires had not yet been fulfilled. When things do not go according to our schedule, we may experience emotions like hers.

Feeling abandoned by the Lord is another thing that can throw believers off track. I remember a season of life when I felt all alone. My mind said God was with me, but my feelings said otherwise. To counter those emotions, I pursued the Lord through prayer and meditation on Scripture.

In times of discouragement, you have a choice. Will you focus on your circumstances, or will you fix your gaze on our loving Father and trust Him?

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Daily Devotional - Two Kinds of Promises

NOVEMBER 02ND 2016 BY DEE LOFLIN

[Daily Devotional - Two Kinds of Promises](#)

[Joshua 23:14](#)

The Bible records two kinds of promises from the Lord—unconditional and conditional. An unconditional pledge is one whose fulfillment rests solely with God; His commitment is independent of people and situations. An example would be His covenant never to send another flood to destroy the entire earth (Gen. 9:11). No matter how the world behaves, He will not take this action again.

The second type of divine promise is conditional. In other words, the Lord is willing to act under certain circumstances. It's often written as an "if-then" statement and involves our cooperation. Let's look at three conditional promises involving salvation, forgiveness, and wisdom.

• *Romans 10:9* tells us that salvation is promised to those who confess with their mouth and believe in their heart that Jesus is Lord. We are saved when we genuinely trust in the Savior.

• *If we come to the Lord with sincere confession of sin, we have the assurance of divine forgiveness and cleansing (1 John 1:9). The Lord's fulfillment of this vow depends upon our obedient action.*

• *James 1:5-6* instructs us to ask God for wisdom without doubting that we will receive it. *If we approach the Lord with faith, then He will give us understanding.*

God will do exactly what He's promised. But He requires our obedient cooperation before fulfilling His conditional pledges. To receive the blessing, we must satisfy the conditions He has set. If you are waiting for the Lord to fulfill His promise, check to be sure you are carrying out your part.

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Daily Devotional - The Promises of God

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2 Corinthians 1:20-22

The Christian life rests on a foundation of God's promises for today and for the future. We can trust everything that our heavenly Father has said to us, because His Word shows Him to be ...

Truthful. The Lord knows what is true and speaks honestly in all matters. We can be assured of this because He is holy; there is no sin in Him. He is also omniscient and understands everything ([Heb. 4:12-13](#)). His promises are based on His infinite knowledge and truthfulness.

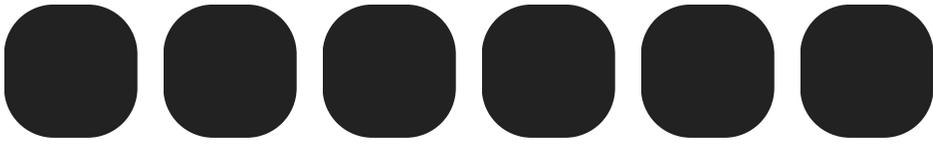
Faithful. Scripture compares the Lord to a shepherd who “gathers the lambs in his arms and carries them close to his heart” ([Isa. 40:11](#) NIV). What He has planned for us, He will bring to fruition ([Phil. 1:6](#)). Our heavenly Father does not waver in His intentions or will.

Loving. God's love for us was demonstrated at the cross. He sent His Son Jesus to die by crucifixion and thereby take the punishment for our sins. The Savior experienced God's wrath against iniquity so we might know only His love. This is the ultimate proof of His devotion to us.

All-powerful. Divine power created the world and raised the Savior back to life, so we know God has the ability to carry out all His plans. Our omnipotent Father will keep every one of His promises.

A promise is valuable only if the one making it has trustworthy character and the ability to carry through. Our heavenly Father is truthful, faithful, loving, and all-powerful. We can base our entire life on His promises, secure in the knowledge that He will do just as He has said.

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