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## Daily Devotional - Wednesday, March 9, 2022 - Overcoming Worry

MARCH 09TH 2022 BY DEE LOFLIN

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[Matthew 6:25-34](#)

What do you worry about most? Is it your health, family, or maybe finances? Though we believe that our heavenly Father cares for us and His promises are dependable, many of us continue to worry.

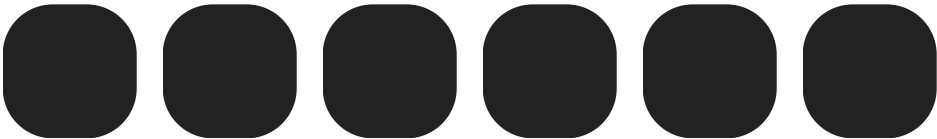
We all have responsibilities that demand our attention, but anxiety can act like a corrosive poison that eats away at our trust in God. So, then, what can we do about it?

To start with, we need to grow in both our knowledge of God and obedience to Him. As we become increasingly familiar with Scripture and our Father's true nature, we'll be more fully convinced that He cares for every detail of our life. Then, when we make decisions based on this knowledge and obey, our trust in Him will strengthen.

Whenever anxiety starts to creep in, remember who your heavenly Father is and what He has promised. Fill your mind with verses about His character, power, and love. Recite His promises and turn your worries over to Him. Since He's told you not to be anxious, ignoring this command is actually a form of disobedience. But if you ask Him for help, He will enable you to reject worry and live in peace.

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