



Day 6. TRUST

Matthew 6:27: Can any one of you by worrying add a single hour to your life?

Question: What burdens keep you up at night that God would gladly carry for you?

Prayer Example: Father, I thank You that You care enough for me to carry my burdens. I release to You my burdens and the weight of them that I continue to try to carry on my own. Help me to live a life free of worry and full of trust in You. I know that You are bigger and greater than all the things in my life that I allow to cause me to be worried and anxious. Help me to trust You fully!