



*Knowing God
in Anxiety*



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If I were to talk to my younger self, what would I tell her?

I would tell her that those anxious feelings are just feelings. There's no merit in their worth.

I would tell her to lift up her eyes unto the hills from whence cometh her help. Her help cometh from the Lord, which made heaven and earth.

I would tell her to cast all her cares upon Him, for He cares for her. He will quiet her with His love and fill her with peace.

I would tell her to rest upon God's promises, and the peace of God will guard her heart in Christ Jesus.



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