

Worry is a 'thief' that steals your peace, joy, energy, and your sleep at night. You don't make good decisions when you are fearful or worried. You weren't created to be constantly worried about your health, upset about your job, or stressed out over a friend who has been rude to you. Your mind needs a break. You weren't designed to carry all that load. You need to turn your cares over to God.

David had all kinds of opposition and enemies coming against him. He could have lived fearful, worried and upset, but he understood this principle: "The Lord is my Shepherd. He leads me to restful waters." David was saying, "The way I keep my sanity and protect my peace on a regular basis is to go down to the still waters. I empty out all the fear, worry and anxiety." He let his mind rest. There can be turmoil and chaos all around you, but on the inside, in your soul and spirit, you are at rest.

1 Peter 5:7 "...Let Him have all your worries and cares, for He is always thinking about you and watching everything that concerns you..."