

You may have many reasons for why you get worried, upset, fearful, and not able to sleep at night, but just because it is around you doesn't mean you need to let it in. When you are at peace in your mind, that is a position of power. If you are going to keep the clutter out of your mind, you need to know what your role is and what God's role is.

Sometimes we get frustrated because we are trying to do what only God can do. Some things we cannot fix. You cannot make yourself get well, make somebody do what is right, or make some doors open. Our part is to believe, to stay in faith, to keep our mind set on God, and let Him do His part. Trust Him to work it out as well as keep you in peace, and He will get you to where you are supposed to be.

Empty out all the negative thoughts in your mind, and programme your mind with what God says about you. A mind that is stayed on God is a powerful force.

Isaiah 26:3 "You keep him in perfect peace whose mind is stayed on You, because he trusts in You."