

When one faces situations for which there are no logical solutions, one is inclined to live stressed, worried and fearful. The enemy then puts negative thoughts in your mind: "What are you going to do? What if it doesn't work out?" Your answer should be: "I don't know what to do, but I know God does." As believers we know we don't need to make everything happen in our own strength. We don't need to have it all figured out or even lose sleep. We know God is on the throne. We know He is fighting our battles.

When our mind is going in circles, we have lost our connection to our true Source of strength. You need to reconnect to God. Today's Scripture verse says that when you give God praise, you are putting Him on the throne. Life is too short for you to live stressed, worried, fearful, overwhelmed by problems, and upset because somebody hurt you. Take that off the throne, and put God back on the throne. Stop dwelling on the negative, and start praising, because God inhabits your praises.

Psalm 22:3 "But You are holy, enthroned in the praises of Israel."