

We all have plenty of reasons to live worried and stressed, trying to fix everything in our own strength. That is overwhelming. Come back to a place of peace. Your Heavenly Father knows all your needs. He knows what you are facing. He knows the hopes and dreams He has placed in your heart. He sees the struggles, the unfair situations, the times you were put at a distinct disadvantage. You don't need to do life on your own. Jesus says: "Come to Me, and I will give you rest."

Stop depending on your own efforts and your own ability. That striving is draining. If you start depending on Him, you will feel that load lift off you. God has you in the palms of His mighty hands. He hasn't ever let go of you. If you are going to feel His strength and see His favour, you need to put Him in first place and abide in Him. You can only do so much in your own efforts. Do what you can, and then leave the rest up to God.

Matthew 6:32 "These things dominate the thoughts of unbelievers, but your Heavenly Father already knows all your needs."