

The LORD is your Guardian God. He never sleeps. He is always at your side to protect you, shielding you from every evil. He guards you when you leave home, and He guards you when you return. He guards you now, and He will guard you always. When you understand who has your back, you won't go through life worried. No, you will say: "I have a Guardian God who is watching over me, guarding my every step."

So when thoughts of fear, worry, and anxiety come, recognize that is the enemy trying to distract you, get you upset, and living on edge. No, go back to focusing on your ever-present God. The prophet Isaiah says: "In quietness and stillness shall be your strength." Worry, fear, and anxiety take your strength, and drain your energy, joy, and passion. You need to quieten your soul and spirit. Come back to a place of peace. That is when you will feel strength, confidence, and joy, even in the midst of a difficult, challenging time.

Psalm 121:7-8 "The LORD keeps you from all harm and watches over your life. The LORD keeps watch over you as you come and go, both now and forever."