

## AO Devotional #15 – Freedom from Stress

I always find myself looking for devotionals that can help me become free of stress or find peace. If you're like me, you tend to overthink and focus on the situation at hand a bit too much. Let's see what the bible calls us to do in order to find that peace.

### Philippians 4:6-9

- "Do not be anxious about anything, but in every situation..." PRAY, GIVE THANKS, and PRESENT YOUR REQUEST TO GOD.
- Through doing this, the peace of God guards our hearts and our minds IN Christ Jesus.
- Then what do we fill our minds with?? Verse 8 says to think about anything that is excellent or praiseworthy. It gives us a little list and says "put it into practice", and again, "the peace of God will be with you"

Q: What are things that can hinder my mind causing me to lose that peace?? How can I refocus my thoughts on EXCELLENT and PRAISEWORTHY things??

### 1 Peter 5:6-7

- One of my personal favorites, says to "humble yourselves... so that GOD may lift you up." I love how it says "God" because he knows how hard it is to lift ourselves up.
- "Cast all your anxiety on him because he cares for you." He is the one that will bring peace to our lives. We have to be able to humble ourselves and lift our worries to him.

Q: The verse right before says "God oppose the proud but shows favor to the humble. What does it look like for me to humble myself and cast my anxieties on God??

### Matthew 11:28-30

- "Come to me, all who are weary and burdened, and I will give you rest." It says that Jesus will give us rest if we go to him!
- "Take my yoke upon you... for I am gentle and humble in heart, and you will find rest for your souls." Jesus is the recipe for peace in our lives... for that rest we have be searching for.

Q: What does it look like to truly go to Jesus and put that recipe in my life to find that peace??

I love studying this out because the answer is always Jesus. We can't find that eternal peace in anything in this world. That treasure of peace lies with Jesus if we can really focus our minds and put him first in our lives!

Love you guys, Braxton