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How to Stop Worrying...And Find the Peace of God
By Pastor Buddy Owens

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? [26] Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? [27] Who of you by worrying can add a single hour to his life?

[28] "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. [29] Yet I tell you that not even Solomon in all his splendor was dressed like one of these. [30] If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? [31] So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' [32] For the pagans run after all these things, and your heavenly Father knows that you need them. [33] But seek first his kingdom and his righteousness, and all these things will be given to you as well. [34] Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

- Matthew 6:25-34 (NIV)

Trust in the Lord with all your heart and lean not on your own understanding.

- Proverbs 3:5 (NIV)

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.

- Isaiah 26:3 (NKJV)

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. [7] And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

[8] Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. [9] Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you.

- Philippians 4:6-9 (NIV)

A Daily Prayer of Surrender

By Buddy Owens

With palms turned up:

Father, I come to you today in Jesus' name. Thank you for your kindness that has brought me to another day. Thank you for your love

and faithfulness. Thank you for accepting me as I am and for transforming me into the likeness of Christ. I present myself before you, body, soul and spirit. I bring you my strengths and my weaknesses, my successes and my failures, my hopes and my fears, my dreams and my nightmares . . .

With palms turned down:

Now, Father, by faith I release all of these things into your lap of grace and I surrender to your sovereignty. I cast all of my cares upon you, and I pray, let your will be done in my life today . . .

With palms turned up:

Father, I now receive from you all that your grace will afford to me today: strength for my weaknesses, peace for my fears, forgiveness for my sins, and the grace to forgive those who sin against me. I look to you to meet all of my needs. Guide my steps, direct my thoughts, and protect me from the evil one. I invite you to fill me today with your Holy Spirit. Let me be an extension of your grace and mercy to the world around me. Use my life, I pray, to bring glory to your name. Amen.