

## DAILY READING PLAN



### Week of March 19, 2023

**Reframe:** Who of you by worrying can add a single hour to his life?

**Luke 12:22-31**

**Day One:** Read Philippians 4:6-7 | *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank God for all God has done. Then you will experience God's peace, which exceeds anything we can understand. God's peace will guard your hearts and minds as you live in Christ Jesus.*

Do you worry more or pray more? What does that say about which you feel is more effective at controlling what you can't control? What might need to change in you?

**Day Two:** Read Matthew 6:31-34 | *"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.*

Jesus encourages us to seek first God's Kingdom. How is that an antidote to worry? How can you practice today?

**Day Three:** Read Psalm 55:22 | *Give your burdens to the Lord, and the Lord will take care of you. The Lord will not permit the godly to slip and fall.*

What burdens can you give to the Lord today? How? And how can you keep from taking them right back?

**Day Four:** Read 1 Peter 5:6-7 | *So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you.*

What's the connection between humility and being willing to give our cares to God? How might pride and worry be connected? How are they connected in you?

**Day Five:** Read Psalm 23 | *The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; He leads me beside peaceful streams. He renews my strength. He guides me along right paths bringing honor to His name. Even when I walk through the darkest valley, I will not be afraid, for You are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. Surely Your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.*

What are you worried about today? What might happen to those worries if you truly trusted the promises in this psalm? Dare to trust them today!