

Be anxious for nothing

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"The sacrifices of God are a broken spirit, a broken and a contrite heart - these, O God, You will not despise." - Psalm 51:17 "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." - Philippians 4:6, 7 What is your first response when you are confronted with a difficult situation or with troubling news? Those who are mature in the faith know that the very first response is to turn to God, to bring every request, every burden, and every fear before Him. In moments of hardship, we need the peace of God, the peace that surpasses all understanding, guarding our hearts and minds in Christ Jesus. Let us therefore humble ourselves under His mighty hand. Let us seek His face, plead for His guidance, and ask Him to help us walk faithfully in His will. He is our refuge, our strength, and our ever-present help in time of need. Praise the Lord!