



| Thursday, December 13

Let God take Control

Whenever I am afraid, I will trust in you.

Psalm 56:3

These days there is a lot of fear going around our world. Whether it be fear for others, fear for ourselves, or fear for the human race in general. In these times of fear, put your trust in God and let him show you that you can turn these times of fear into hope.

I get scared a lot, and with my life picking up and with my schedule getting hectic with college visits and big tests and grades, I need to take a step back and figure out how to turn these moments of fear into moments of hope. One method that works for me and may help you to relax and have no fear is to go to an empty room and just sit and think with God for a while, sometimes talking aloud, but mostly sitting in silence and letting God deal with your fears and show you how to move past those fears. To wrap it up, silent reflection is a very good way of letting God take control and show you how to handle fears.

Lord, be present in this silent moment, remind me you are in control. Amen.

- Will Riitters