

## He shall direct your paths

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"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths." - Proverbs 3:5-6

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;" - Philipians 4:6

Worry is a major cause of anxiety and as a result depression. There is no positive outcome from worrying and when we trust in ourselves or to be precise, when we fail to trust in God fully, we worry and think about the negative outcomes. Trust in the Lord with all your heart and when we do this, He shall direct our paths. By prayer and supplication, with thanksgiving, let your requests be made known to God. Anything we ask in the name of Jesus, for the glory of God, our Lord will grant us.

Praise the Lord!