

DO NOT WORRY

What do you do when you are fearful? When you are worried and anxious? Many of us may panic. We cannot sleep well. Yes, we may tell somebody or ask someone to pray for us.

When King Sennacherib was preparing to destroy Jerusalem, he sent a message to King Hezekiah, saying that Judah would be no different from all the other nations he had conquered. King Hezekiah took this message to the temple in Jerusalem and “spread it out before the Lord”. (Isaiah 37:14). He then prayed and asked for help from the Almighty God.

His prayer was answered. God intervened miraculously, conquering the enemy forces outside the city gates. The Assyrian army did not even “shoot an arrow” (Isaiah 37:33). King Sennacherib left Jerusalem, never to return.

What can we learn from King Hezekiah’s example?

King Hezekiah took time to pray. He was not relying on his own strength or wisdom to save his people. He went to God in prayer, asking for God’s help. God rescued him and his people.

Going to God in prayer is the best way to deal with our difficult situations, challenges and worries. When we pray, we discover that God is faithful and will answer our prayers.

The Apostle Paul in **Philippians 4:6-7** said, **“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”** (New Living Translation)

Let’s pray.

Dear Lord, please help us to turn our worries into prayer. Our problems are better in your hands than in ours. Give us the peace that exceeds anything we can understand. Help us to trust in you always. In Jesus’ Name we pray, Amen.