



PHILIPPIANS 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

There has probably never been anyone who suffered as a Christian more than a follower of Jesus named Paul. In 2 Corinthians 11:23-33, Paul tells about many of his hard times. Often he was put in prison for telling people about Jesus. He was beaten many times. He suffered in shipwrecks and was stranded on the open sea. He was attacked by bandits. He was falsely accused of wrongdoing. His life was constantly in danger. Toward the end of his life, Paul was chained in a cold, damp prison dungeon. Eventually, he would be put to death for being a Christian.

Did Paul complain or feel sorry for himself? No, he thanked God! In his dark prison cell, Paul wrote these words, “Rejoice in the Lord always” (Philippians 4:4). How could Paul rejoice? He knew that God was in control. He trusted in God no matter what.

What about you? Are you thankful, even in hard times? Don’t give in to grumbling and complaining or feeling sorry for yourself. Instead, be thankful. How? Remember all God has done for you. Thank Him that He is in control and He’s there to help you.



THINK ABOUT IT!

Make a list of things God has done for you.



TALK TO GOD

Thank God that He is always with you to help you, even in hard times.