



KINGDOM FELLOWSHIP AME

# DANIEL FAST

## 21 DAY DEVOTIONAL

### READ

DAY  
08

**Philippians 4:4-7** *“Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”* (NIV)

### REFLECT

Worry, anxiety, and fear are completely natural human emotions. Oftentimes it is our immediate response to situations that troubles us. And yet, these are learned emotions. It is hard to imagine that we were born as babies with these responses to situations. Over time we learned to respond in these ways. However, the good news is that whatever we learned can be un-learned. We can take steps to respond differently when we face troubling circumstances. As believers, we are equipped with a way to respond differently. Instead of responding in fear, we can respond in faith. The Scripture says, “in every situation, by prayer and petition, with thanksgiving, present your requests to God.” That means that we can respond to anything that comes up in our lives by bringing it to God and trusting that the Lord will give us peace. And if the situation doesn’t change immediately, we can take comfort in knowing that, as verse 5 states, “*The Lord is near.*”

### RESPOND

**How can you respond in faith rather than in fear?**