

“Sit quietly with me, letting all your fears and worries bubble up to the surface of your consciousness. There, in the light of My Presence, the bubbles pop and disappear.

However, some fears surface over and over again, especially fear of the future. You tend to project yourself mentally into the next day, week, month, year, decade; and you visualize yourself coping badly in those times. What you are seeing is a false image, because it doesn't include Me.

Those gloomy times that you imagine will not come to pass, since My Presence will be with you at all times! So, when future-oriented worry assails you, capture it and disarm it by suffusing the Light of My Presence into that mental image. Say to yourself, ‘Jesus will be with me then and there. With His help, I can cope!’ Then, come home to the present moment, where you can enjoy Peace in My Presence. I am your loving Shepherd, and I am with you always! ”

*Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the sparrows: they do not reap or sow, they have no storeroom or barn; yet God feeds them. And you are worth more than many sparrows! Who of you by worrying can add a single hour to your life?” LUKE 12:22-25*

*Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave or forsake you.” DEUTERONOMY 31:6*

*The Lord is my shepherd, I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul. He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side with your rod and your staff that give me courage. You spread the table before me in the sight of my foes; you anoint my head with oil; my cup overflows. Only goodness and kindness follow me all the days of my life; and I shall dwell in the house of the Lord for years to come. PSALM 23*