*Philippians 4:6-7: Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

In preparation for writing these little devotional things, I always start with an empty square one.

I don’t follow a series or anything like that.

And I don’t like using other peoples’ work, though sometimes they do give me some insight.

Chick-fil-A has creative toys in their kids’ meals.

What they’ve had in them lately are these little cards, Table Topics.

They’re little conversation starters.

Would you rather have a cheetah’s speed or an eagle’s ability to fly?

Would you rather live in a big city or a small town?

Would you rather ride on the back of an elephant or a honeybee?

So, while I was at work, Katie and I began texting each other answers to these questions.

Some of them were pretty deep!

Is it more fun to be a child or a grown-up?

What big thing would you like to accomplish in your life?

Which adult has had the biggest impact on you?

These are great questions.

I’m sure already you’ve thought of some answers in your head.

But there was one question during our conversation that stuck out to me.

It was, “What small thing did you do recently that made someone very happy?”

I’ve got to be honest, I couldn’t really think of a specific thing that I’ve done.

But it made me think about Kennedy, my soon-to-be two-year-old.

If she wants her binky and I have one in my pocket, I know pulling it out will put a smile on her face.

Or when she sits by a toy set and says, “Daddy play?” and I sit with her, she smiles.

It’s interesting how easy it is to put a smile on her face and how difficult it is sometimes to put a smile on ours.

A child’s innocence versus our wisdom and maturity.

Does that wisdom bring us joy?

What happened form then to now?

It’s interesting that a child’s first steps are incredible.

Their first words.

The first time they reach for you.

Then after a while, that amazement turns to complacency.

I think we can learn a lot from kids.

Innocent to the point where they don’t even know repercussion.

They don’t know consequence.

They trust.

They wonder.

Adults sink into routine.

Adults seek stale answers.

Adults set ground rules and consequence.

Even the act of picking your kids up, they don’t hold on, they don’t fear the fall.

They trust that you hold them.

Sometimes, as adults we don’t like to let go.

We don’t like when anyone else is in control.

We’ve learned not to trust.

But we need to learn to let God be in control.

We need to learn to let go a little bit.

But how do we do that?

A great place to start is through prayer.

Pray.

Ask Him to take control.

Ask Him to manage the things in your life you are most scared to lose.

Your family.

Your marriage.

Your money.

God will bless you.

Loosen up a little and let God hold you.

*Philippians 4:6-7: Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

There are fruits that come with faith, believing in God.

*Galatians 5:22-24: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.*

The first three mentioned in scripture are ones that humans naturally seek out.

Love. Joy. Peace.

Having faith, trusting in God will bring them to your life.

*Romans 15:13: Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.*

Prayer: