

YogaXoga Christ-Centered Meditation: Worry

Releasing all tightness and tension. Releasing all control.

Releasing all plans and judgements to the Lord.

**Letting go of the busyness of the world. Tuning into to God, his love, his grace
– trusting in the Lord with all of our hearts and letting him lead us.**

**I trust in you, O Lord, I say “You are my God”. My times are in your hands. Ps
31:14-15**

**In all things, God works for the good of those who love him, who have been
called to his purpose. Ro 8:28**

Matt 11:28-30

**"Come to me, all you who are weary and burdened, and I will give you rest. 29
Take my yoke upon you and learn from me, for I am gentle and humble in
heart, and you will find rest for your souls. 30 For my yoke is easy and my
burden is light."**

Pro 3:5-6

**Trust in the Lord with all your heart and lean not on your own understanding;
in all your ways acknowledge him and he will make your paths straight.**

**Matt 6:25-27 "Therefore I tell you, do not worry about your life, what you will
eat or drink; or about your body, what you will wear. Is not life more important
than food, and the body more important than clothes? Look at the birds of the
air; they do not sow or reap or store away in barns, and yet your heavenly
Father feeds them. Are you not much more valuable than they? Who of you by
worrying can add a single hour to his life?"**

**Today, let us choose one area of our lives to surrender to to God. It could be
anything from a financial dilemma, a crossroads that we find ourselves at, an
unresolved conflict with a family member or friend....Recognizing that despite
our efforts, the Lord is ultimately in charge. Trust that he whose love for you is
endless, whose power created the universe, is big enough to handle whatever
we face. Then, rest. Rest in his arms, in his love. And enjoying the peace of
knowing that God is with us, He is in control.**