

LOVE 'EM ENOUGH TO SAY IT

When Worry Takes Over

Scripture: “Be still, and know that I am God.” — Psalm 46:10

Sometimes loving a friend means having the hard conversation.

Especially when you can see worry taking over their life.

You hear it in everything they say:

“What if this happens?”

“What if it doesn't work out?”

“What am I going to do?”

Their mind is always racing, their peace is disappearing, and they're trying to solve tomorrow before today is even finished.

And you may need to love them enough to say:

“You can't keep carrying something God never asked you to carry.”

The Bible tells us something important through the life of Elijah: **worry can affect even the strongest believers**. After an exhausting season, Elijah became afraid, overwhelmed, isolated, and discouraged.

Notice what God did first.

He didn't condemn Elijah.

He let him **rest**.

He gave him food and water and told him to prepare for the journey ahead.

Sometimes we're so overwhelmed that we forget we're human. We're tired. We're carrying too much. We're trying to control things we were never meant to control.

Worry can steal our peace, our joy, and even make us feel distant from God.

So if you have a friend consumed by worry, don't just tell them, *"Stop worrying."*

Sit with them. Listen. Pray with them. Then gently remind them where their worry needs to go.

Philippians 4:6-7 tells us to turn our anxiety into prayer and bring our requests to God—and promises that His peace will guard our hearts and minds.

We don't have to figure out tomorrow today.

Today has enough for today.

So love your friend enough to say:

"Let's stop borrowing trouble from tomorrow and give today's worries to God."

TODAY'S PRAYER

Lord, help me recognize when worry is consuming someone I love. Give me the courage to have the hard conversation and the compassion to listen. Teach me to bring my own worries to You instead of trying to control everything myself. Help me be still, seek You in the waiting, turn worry into prayer, and choose to trust You—even when I don't understand what comes next. In Jesus Name We Pray, Amen.

TODAY'S REMINDER

You don't have to solve tomorrow today.

Be still.

Pray.

Trust God.

He's already in tomorrow.