

Day 4

TRUST

Today's Prayer Focus:

Placing my trust in God

Today's Prayer:

Father, in your word you invite me to pour out my heart to you. You are my refuge, and I know that anything I think, feel, or do is ok to bring to you. Knowing that you are a safe place for me, I come to you and give you everything on my heart. (Talk to God about the specific things that are on your heart today.) From what is worrying me to what is delighting me, what I hope for to what I'm afraid of, I bring it all to you because I know I can trust you. Help me and guide me in every area, in Jesus' name.

PSALM 62:8

O my people, trust in him at all times.
Pour out your heart to him, for God
is our refuge.