

## **Mark829 Motivational - “What Keeps you up at night?”**

What keeps you up at night? The economy, your kids, loneliness, politics...Or maybe the three “I’s”...irrelevance, illness, or ISIS. Many things create anxiety, but there is One way to eliminate worries and find rest. No cash needed, but a trade is required. Here’s the offer, “Humble yourself under God’s mighty right hand and He will lift you up in due time if you cast your anxiety upon Him because He cares for you!”<sup>1</sup> Peter 5:6-7 Think about it...God is willing to take your anxiety if you are humble enough to give it to Him. You will never cut a better deal. Your pain for His peace. Good trade. Humble yourself and take the deal, today.

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