

Fear Not for Tomorrow – Rest in GOD’s Hands Today

PSALM 28:7

The LORD is my strength and my shield; my heart trusted in Him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise Him. ¹

JOHN 6:56-58

⁵⁶ He that eateth My Flesh, and drinketh My Blood, dwelleth in Me, and I in him.

⁵⁷ As The living Father hath sent Me, and I live by The Father: so He that eateth Me, even he shall live by Me.

⁵⁸ This is That Bread which came down from Heaven: not as your fathers did eat manna, and are dead: he that eateth of This Bread shall live for ever. ²

A Prayer by Saint Francis De Sales for Providence

“Do not look forward in fear to what may happen tomorrow;

The same everlasting Father Who cares for you today will take care of you tomorrow and every day.

Either He will shield you from suffering or He will give you unfailing strength [needed] to bear it.

Be at Peace, then, put aside all anxious thoughts and imaginations, and say continuously, “The Lord is my strength and my shield; [PSALM 28:7]

My heart hath trusted in Him and I am helped. He is not only with me, but in me and I in Him.” [JOHN 6:56-58] ³

AMEN!

¹ KJV, PSALM 28:7.

² KJV, JOHN 6:56-58.

³ “The Prayer – Be At Peace!” Saint Francis De Sales. Catholic Doors Ministry. 2007. <http://www.catholicdoors.com/prayers/english2/p00613.htm>

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