



## TOUCH

### Worry in the Sand

Worry robs us of the joy and peace God offers when we place our trust in Him. We know we shouldn't worry, but it sneaks up on us. This exercise is going to use your sense of touch to assist you in removing worry from your life as often as necessary.

#### Pray:

Dear God, Please help me empty my mind of all distractions so I can see the things in my life that keep me from complete trust in you. May I enter into this activity open to facing the things I am worrying about and wanting to be free from my frustrations, anxieties and worries.

#### Read:

*"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light."* Matthew 11: 28-30

*"But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."* Matthew 6:33-34

#### Activity:

Ask God to help you understand which worries keep you from receiving God's rest and interfere with seeking His Kingdom first? As thoughts come to mind, write or draw them in the sand. Take a moment to read what you wrote or look at your drawing. Be fully present and mindful as you pray, "God I release this worry to you, I am ready to receive your peace." Now wipe that word or symbol from the sand. Repeat until all of the worries for today are erased.

*"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus."* Philippians 4:4-7

Jesus, Thank you for revealing the things that keep me from living a life fully devoted to you. Help me let go of the worries that crowd my mind and keep me from receiving Your peace. Teach me how to daily release my worries to you so I can seek your kingdom first. As I run my fingers through this sand let it remind me that you will blow my worries away like sand on a beach, leaving me a little smoother, and my mind a little less full of sand. When worries come Lord, remind me to write them in the sand, and then Lord as my hand erases them from the sand let your hand erase those worries from my mind. Amen

