

## SAMPLE JOURNAL ENTRY:

December 13<sup>th</sup> 2011

**Scripture:** Prov 3:24-26: *When you lie down you will not be filled with fear; when you lie down your sleep will be pleasant. You will not be afraid of sudden disaster, or when destruction overtakes the wicked; for the LORD will be the source of your confidence, and he will guard your foot from being caught in a trap.*

**Observe:** The context of this verse is that the fear of the Lord is the beginning of wisdom. When I fear God; when I revere him, worship him, honor him in my life, I will not fear anything else. I will be able to sleep well even in the midst of disaster. I will not fret at calamity, because my trust and my confidence is in God who is the source, ruler and determiner of all that exists, and all that is. He will protect me.

**Application:** All the times I fret or fear, or lose sleep it is because I have lost the source of my confidence - God. I have moved my fear from trusting him, to fearing my situation. God has to be the source of my confidence. I long not to be filled with fear of what is going to happen. I long to simply rest IN and be confident IN the Lord my God - who guards my ways!! I need to change my Attitude towards those events that today will seek to take away my confidence in God – and this is a Truth for me to Believe!

**Prayer:** Father, give me that confidence which allows me to rest in you - to trust that you are my Lord, who guards my (my families) path - who removes the fear of the future. Lord, I trust in you today - you ARE my confidence. In Jesus NAME. AMEN!!