

DRY BONES RISE

When the Mind Won't Settle

"Do not be anxious about anything... but in everything by prayer and supplication with thanksgiving let your requests be made known to God."
— Philippians 4:6

"Cast all your anxieties on him because he cares for you." — 1 Peter 5:7

Reflection

Anxiety isn't just nerves—it's a storm. A mind that won't quiet. A heart that races when nothing's chasing it. It's waking up tired and going to bed wired. But Scripture doesn't shame the anxious—it speaks peace into the chaos. Not the world's peace. God's peace. The kind that guards your heart like a fortress.

Devotional Thought

Jesus didn't say, "Don't worry," and walk away. He said, "Come to me." Anxiety is heavy—but He's stronger. He doesn't demand calm—He offers it. He doesn't wait for your mind to settle—He steps into the whirlwind and whispers, "Peace." You're not weak for feeling anxious. You're human. And He's God. That's the difference-maker.

DryBonesMen.org/ Faith and Restoration



When David said, "When anxiety was great within me, your consolation brought me joy," he wasn't pretending. He was testifying. God doesn't just remove the storm—He joins you in it.

Call to Action

Name your fears. Write them down. Pray them out loud. Don't let them fester in silence. Let Scripture be your shield. Memorize Philippians 4:6–7 like it's your battle cry. And when anxiety hits—don't run from God. Run to Him.

Prayer

Father, my thoughts are loud and my heart is tired.
But You are near. You are steady. You are peace.
I cast every anxious thought on You.
Guard my heart. Guard my mind.
And remind me that I am held.

