"Which of you by worrying can add one cubit to his stature?" - Matthew 6 V27

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;" - Philippians 4 V6

Our life in this world is very demanding, and this produces stress and worry that our bodies have to cope with. But for Christians we don't have to live that way because we have our Lord and Saviour Jesus Christ. The Bible teaches worry produces zero outcome and in everything we should go to the Lord in prayer and supplication, with thanksgiving. God knows our needs and when we make it known to Him, He will answer according to His perfect will. Now if you are not a Christian, then God invites you to join the family by receiving Jesus Christ His Son into your life, but by first repenting of your sins. The peace of knowing the Saviour and the hope we have in Him, only a true follower of Christ can experience. Praise God!

"And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work." - Jesus Christ Amen. Even so, come, Lord Jesus!