

For that Higher Power.

What are we in control of, really? These days more than ever we make ourselves crazy over the things that are not going our way. I know I do. But let me share with you a little exercise I use to put me in my place. Please repeat after me: “There is a Higher Power, and I am not it.”

This plainly means that we must do what we can and leave what we can’t in the hands of He who can and will. Period. I have experienced that letting go of what I can’t control has proven to be in my best interest. And that handing over my worries, concerns, and stubbornness to God (as difficult as that may be) leaves space in my mind for happier and more productive thoughts.

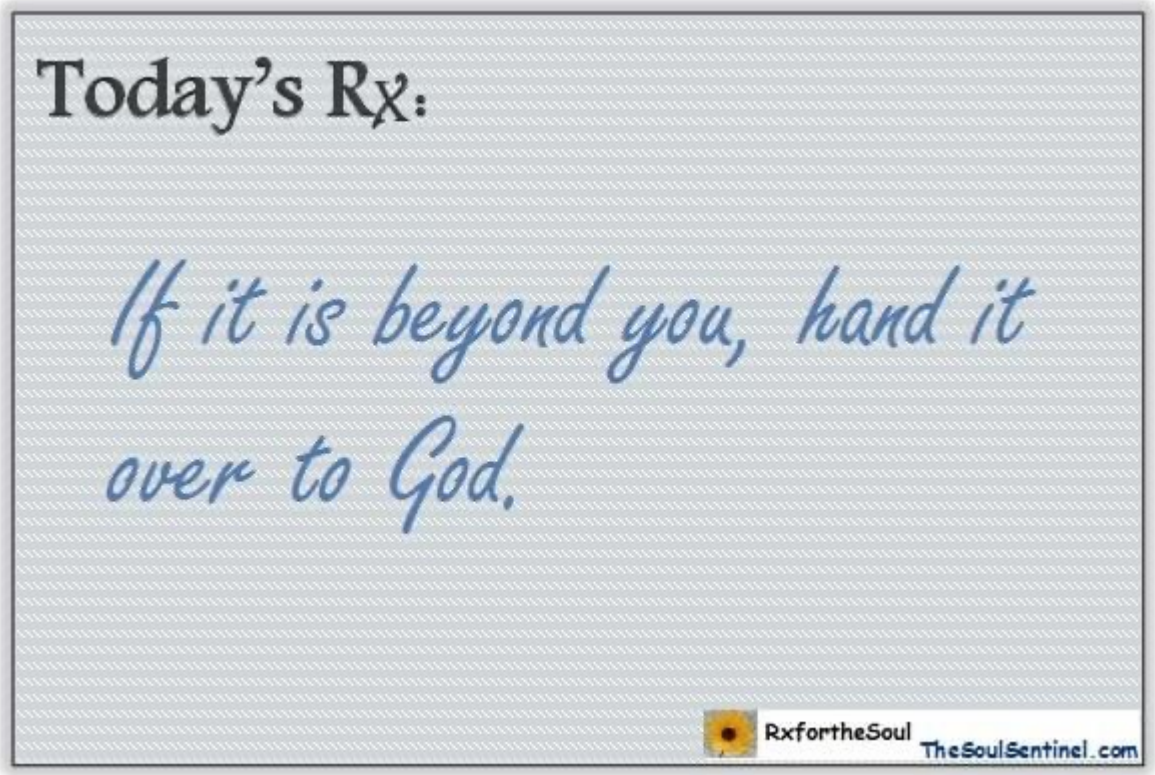
For that Higher Power today and always, I am thankful.

How do you “let go and let God”? And what are you thankful for today?

Until next Thursday’s post…si Dios quiere.

“Therefore do not worry about tomorrow, for tomorrow will worry about itself.”
-Matthew 6:34

“Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don’t.”
-Steve Maraboli



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