

## **Who Holds the World**

### **Ready:**

“But ask the animals, and they will instruct you; ask the birds of the sky, and they will tell you. Or speak to the earth, and it will instruct you; let the fish of the sea inform you. Which of all these does not know that the hand of the Lord has done this? The life of every living thing is in his hand, as well as the breath of all humanity.” – Job 12:7-10

### **Set**

Athletics, with its high demand for performance, tends to create environments where anxiety flourishes: from the pressure to perform well to earn a spot, the social pressure of friendships with your teammates, and even the future pressure of a scholarship if you want to play in college.

These and many more situations can cause worry and fear. In life, there are only so many things we can control. For instance, we cannot control if we end up starting in the game, but we can control how hard we work to achieve that goal. Many decisions and outcomes are simply not in our command.

We may not be able to have control and know the outcome of events, but we know someone who does. God holds all living things in His hands. God holds the breath of all humanity in His hands. This means that in everything, God is in control. He has been in control since the creation of the animals to giving you breath each day. When the world feels far out of your control, remember that it entirely depends on God. Nothing in this world is beyond the knowledge and power of our loving Father.

Job was someone who could have let the troubles of the world push him into a state of anxiety. Instead, He reminded himself that God is in control, from the birds of the sky to the fish in the sea.

Reminding ourselves who is in control can help reduce the anxiety that comes upon us. Today, choose to remember who holds the world and trust that we can be at peace even in the unknown.

### **Go**

- What in your life do you feel like you have no control over?
- Do you struggle with anxiety with the unknown?
- Do you have a verse or song that helps you in times of stress?

### **Workout**

Isaiah 41:10

Matthew 6:34

## **Overtime**

God of creation, You are in control of all things. Many days, we feel anxious about tomorrow and today's struggles. When we feel anxious or overwhelmed, please remind us that even the birds know you're in control. If the birds can know, so should we; remind us today of Your power and peace. Amen."



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