

People of Faith

FaIth Matters

**Being Peaceful in the Midst of Excitement**

Life has many exciting moments, from a last second winning point to facing our fears. How we manage these moments says a lot about who is in control of our lives.

“Typically, I sleep pretty well. Sometimes there are some circumstances out of the ordinary that can keep you thinking, but I’ve pretty much turned those distracting emotions over to God. Early on, when I encountered a new situation, I couldn’t sleep or I’d be really nervous. As I’ve grown in my faith, I’ve begun to put more of this into God’s hands.” —Scott Sharp, Indy Racing League

“Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.” *1 Peter 5:6-7*

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." *Psalm 46:10*

[](https://openclipart.org/download/212491/the_pencil_thumb.svg) What do you do for those you care about?

[](https://openclipart.org/download/178410/EDU-Moodle-icons-Discussion-final.svg) What actions can you take to bring glory to God?