

Sadie Robertson: Why 'Striving' Is Actually a Negative Thing

Author and speaker Sadie Robertson says she's received confused responses as to why she defines "striving" as a negative thing. But for her, that word is synonymous with "anxiety." In that case, "striving" can be unhealthy.

"There were moments, I'm not going to lie, this past year I was striving; I would get anxious, I would get nervous," Robertson says. "There were tears, but then whenever I would shift that anxiousness and shift the striving and my own strength to striving in the Lord, I would start praying. I would start getting on my knees. I would start listening, I would start reading [the Bible] and saying, 'God, what do You want to speak to Your people?'"

"If you start to realize ... 'My sleep is being stolen from me; I'm actually anxious all the time'—obviously, that's not from the Lord. That's not what the Lord gives, but [Psalm 127] says He gives us sleep. The Lord will give you rest. The Lord will give you peace, even though it might be the craziest season of your life."

To watch the entire video for more encouragement about resting in Jesus, [click here](#).