

3 Ways to Overcome Worry

1. You can't control the future.

- Why do we try to do this, when we KNOW we can't?!
- Matthew 6:24 says, "Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." And that we "can't add a single hour to our life" by worrying about our future.
- Adrian Rogers said: "*WE ARE RESPONSIBLE FOR THE EFFORT, NOT THE OUTCOME.*" So, stay faithful...That is all the Lord asks!

2. Keep your faith.

- The Widow of Zarephath teaches us this, when she didn't argue with Elijah when he told her God would provide. Instead, she was obedient, and it was her simple act of faith to obey and believe that led to two miracles that God did in her life.
- So even when things seem impossible or hopeless, remember God sees you, and it's your faith that is the key to unlocking His blessings and provisions for you.
- How do I do this? Stay in communication with the Lord through prayer and reading His Word. Reading one Proverbs a day is a great place to start for 31 consistent days. Ask for help with whatever you are going through, and God is faithful to give wisdom if you ask for it and seek it

3. Start each day with a grateful focus.

- Begin each day with a focus on thankfulness and God's faithfulness to you. *This will help you break the power of worry in your life.* As soon as you wake up in the morning, tell God something you are thankful for: It could be a friend, your child's smile, a healthy baby, etc.
- If you are focusing each day on celebrating the good things God has given to you or miracles he has done in your life, then you are less likely to spend time worrying about the next thing that might go wrong!