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Episode 9043

No "Worries"

Worry is a lot like a rocking chair. There is motion but you never get anywhere. Is there really way to live a "no worries" life?

Definition of Worry:

To give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles.

Demote Yourself

Do Something Constructive

Develop God Confidence

Do Something Constructive

Philippians 4:8-9 NLT

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

By choosing to do something constructive I am _____ to dwell on worry.

Develop God Confidence

Romans 8:28 NLT

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

When opportunities for worry present themselves I will rehearse the _____ of God. This will help me develop _____ confidence.

Let's pray

Dear Jesus,

I want to live the carefree life you have for me. Teach me how to cast my cares upon you because you care for me. When I am tempted to worry help me to dwell on your goodness. I trust that you are working all things for my good.

In Jesus Name

AMEN

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