

# Cure for Worry

A Couple of Things to Help:

1. Tell yourself that worry is just a sinful habit which by God's grace you can change.
2. Cultivate an attitude of trust in the wise providence of God and reflect on His goodness and care for you (Matthew 14:22-27; Romans 8:28).
3. Learn the Biblical pattern for overcoming worry. Philippians 4 prescribes 10 behavior patterns that will help decrease worry:
  - a. Rest in the Lord's presence (4:5b).
  - b. Determine to obey God. God commands us not to be anxious (4:6).
  - c. Pray (4:6)
  - d. Realize that God can keep your mind safe as you obey Him (4:7).
  - e. Meditate on positive thoughts (4:8).
  - f. Focus on Godly behavior (4:9).
  - g. Divert attention from self to others (4:10 compared with 2:3-4).
  - h. Work on being content (4:11 compare 1 Tim. 6:6).
  - i. Realize there is a two-fold responsibility (yours and Christ's in doing anything – (4:13).
  - j. Realize that the grace of God is with you (4:23 compare 2 Cor. 9:8).

**So it's:** Praise (4) + Poise (self-control) (5) + Prayer (6) + Proper Thinking (8) + the Practice of Doing (9) **all lead to:** = Peace of God (7, 9)

4. Practice filling your mind with thoughts of happiness, courage and hope.
5. Keep life simple:
  - a. Balanced diet (1 Cor. 6:19)
  - b. Adequate exercise (Tim. 4:8)
  - c. Adequate sleep
  - d. Adequate recreation (Mark 6:31)
  - e. Don't put responsibility off (Prov. 6:6-11; 18:9; Romans 12:11, Heb. 6:12).
  - f. Set a time limit for decision making (Phil. 1:27).
  - g. Live your life according to God's moral will revealed in the Bible (Rom. 12:1-2, 1 Thess 4:3).
  - h. Live one day at a time (Matt. 6:34)

Probably about 98% of the things we worry about never happen.

*From: Dr. Larry Thornton's presentation: "Breaking the Grip of Worry"*