



The Cure to Worry

These are the words of the apostle Paul to the believers in Philippi. He was under house arrest. Why? He had been preaching the gospel. He was arrested and as a Roman citizen, he had the right to appeal to Caesar, and he did. So now, he's waiting an appearance before the leader of Rome, but it's a very uncertain future. He didn't know if he was going to be acquitted or beheaded. So, he could have been stressed out, but instead of worrying, Paul is rejoicing and living in great peace. Instead of complaining, he gives to us the secret of victory over worry.

Practical Principles

1. The believer should not worry. Why? Because worrying is simply not a productive thing to do. In fact, when we worry, it's really a failure on our part to trust God.
2. Instead of worrying, we should rejoice. Rejoicing is a scriptural command. It's not a suggestion. To fail to rejoice is actual disobedience to God.
3. When you pray instead of worry and you rejoice instead of panic, you will have God's supernatural peace. The peace of God that surpasses all understanding will guard your heart and mind through Christ Jesus.

Relevant Reminders

- Worry chokes you out. It creates a mental and emotional strangulation in your life.
- "Worry does not empty tomorrow of its sorrow. It empties today of its strength."
- Jesus said, "Don't worry about tomorrow, for tomorrow will worry about itself." Each day has enough trouble of its own.

Applicable Actions

Want to know the cure to worry? Right praying, right thinking, right living.

When trouble comes our way, our first inclination should be to pray. It takes some training. That's right praying.

Veto the thoughts that come into your mind but are not good and pure and lovely. Replace them with godly thoughts instead. That's right thinking.

Remove any sin from your life by asking God for forgiveness and turning from it. Then you will be right living.