

**Winning Over Worry**  
**by**  
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Some folks say they never worry, but they do have a lot of concerns. Most folks would have to confess that they worry too much.

Worry is a losing proposition. There is no profit to be gained from it. It drains, it discourages, it debilitates, it destroys. Most of all, it damages the testimony of a believer. Faith and worry cannot coexist.

Jesus said, "*Let not your heart be troubled: ye believe in God, believe also in me,*" John 14:1. You see, a troubled heart springs from a failure to believe, to exercise faith.

You can win over worry. This series of studies by E. Harold Henderson analyzes the source, nature and effects of worry and how to conquer this dread foe.

**THE NATURE OF WORRY**

The plaque on the wall caught my attention the moment I stepped into the office. The business man whom I had come to see observed my reading the inscription and thought an explanation was necessary. The words were, “Why pray when you can worry?”

“I found myself worrying instead of praying,” he explained, “so I got that plaque to remind myself of how foolish worry really is. The truth is that the inscription should read, “Why worry when you can pray?”

That incident happened several years ago, but I have never forgotten it. I think of it when I begin to worry. I think of it when I counsel people who are caught up in the cycle of worry. I think of it when I turn to the Lord with my worries and lay my concerns before him.

Do you ever worry? Are you ever filled with that anxious care which takes away your peace of mind and fills you with fretting instead? If so you have learned some valuable lessons. (1) You have learned that worry never solves any problem. (2) You have learned that worry lessens your ability to deal objectively with your problem. (3) You have learned that worry worsens rather than relieves the problem. (4) You have learned that worry brings other problems (mental distress, physical illness, social disruptions, spiritual backsliding) with which you have to deal. (5) You have learned that worry is not worth the trouble it brings.

Ancient folklore passes this tale on to us. Death was walking toward a city when a man he met asked, “What are you going to do?” Death said, “I’m going to kill ten thousand people.” The man said, “That is horrible!” Death said, “That’s the way it is; that’s what I do.” So the day passed, and the man met Death coming back. He said, “You said you were going to kill ten thousand people, and there were seventy thousand killed.” Death said, “Well, I only killed ten thousand. Worry and fear killed the others.” It is just an ancient fable, of course, but there is an excellent illustration of the damage done by worry.

### **Character of worry**

We must have an answer to this question, “What is worry?” Worry is the anxious care that comes from assuming a responsibility which we are incapable of discharging. God’s responsibility and work in an issue which is beyond our control. The farmer plants his crop and worries if there will be enough rain or, perhaps, too much rain. He is concerned about an issue he cannot control. A parent trains up a child in the nurture of the Lord, and he goes out into the world leaving a parent worrying whether it will be well with the child. That issue is beyond the parent’s ability to control. The only alternative to worry is turning to One who is able to control all things..To God. So, here is the slogan, “Why worry when you can pray?”

## **Causes of Worry**

Worry is an impossible division of one's self. It is being at war with one's self. One moment there is hope, and at another despair. At one time there is assurance, and at another dismay. At one time there is faith, and at another doubt.

The very word, "worry" is a compound word which has two ideas latent in it. The one is "mind," and the other is "divide." To worry is to have a divided mind. The Bible warns that worry makes a man's heart heavy, weights it down so that it bows under its load (Proverbs 12:25). It is too great a burden for any person to carry.

What are some of the words we use as synonyms for worry? We say we fret, agonize, stew, brood, are despondent and despair. That is too great an emotional load for any person to carry. And the Bible says it is not necessary for any person to carry such a load. It is that hope which caused me to choose this subject to discuss with you.

## **Causes of worry**

What causes us to worry? You could probably list many occasions which appear to be causes of your worry. But a careful consideration would cause us to include all causes for worry under three headings: (1) Worry is caused by a disturbing situation for which you must find a solution. (2) Worry is caused by a disturbing situation over which you have no control. (3) Worry is caused by minor problems of daily life which evoke feelings of dread or anxiety but which are not worth the trouble they bring.

What are some of those disturbing situations for which one must find a solution which cause us to worry? It would be a concern for food, shelter, clothing and those things we call "necessities of life."

The head of a family will feel the pressure to provide those. The wife of a husband who makes little effort to provide for his family will feel anxiety in comparison to the need and the resources to meet that need.

And yet, Jesus said for us not to fret over such things. Our heavenly Father knows we have need of those things, even before we mention them to him in prayer. He provides for the birds of the air and will provide for His dear children if they are available to work and receive what He provides. Trust God to provide your necessities.

What are some of the disturbing situations over which one has no control? It may be the terminal illness of a loved one. It may be concern over a son who is in military service in some place of danger. It may be the weather conditions..drought, floods, storms. It may be the approach of one's own death. Each of those is something you cannot control. Why worry about what you cannot change? How much better to turn your attention to God and give the worry to him. All things are subject to His power. Though He may not change the situation about which you worry, He is able to protect and carry you through it. Keep on trusting Him.

What are some of the minor problems of daily life which warrant little concern but

evoke feelings of dread and anxiety even so? The list could be almost endless. We might be late for an appointment, and we worry. Our expectations may not have been realized, and we worry. A party we gave was not the success we wanted, and we worry. A project we began was not completed on schedule, and we worry. And we worry! And we worry! We worry as if worrying would make any difference in the situation.

I remind you of the plaque on the office wall of the business man I mentioned: “Why pray when you can worry?” Remember you have a heavenly Father who loves you perfectly and unconditionally. He thinks thoughts of peace toward you. He wants you to have a happy and meaningful life. Take the counsel of I Peter 5:7: “*Casting all your care upon him; for he careth for you.*” Why worry when you can pray and God will act in your behalf?

### **The Effects Of Worry**

Which book of the Christian New Testament speaks more about worry than any other? It is the Gospel According to Luke. What was Luke’s profession? He was a medical doctor, a missionary and a writer of the biography of Jesus. Isn’t it interesting that the man who understood us humans best from the physical, spiritual and emotional viewpoints should write so much about worry? Why do you suppose he did it? I think Luke wrote so much about worry because he realized the effects it could have on us physically, mentally, spiritually, and practically.

But let us not think that Luke was the only writer of Holy Scriptures who mentioned the subject of worry. The book of Proverbs deals with that problem by many references to it. Let us look through the Holy Scripture and see what it says about the effects of worry.

#### **Physical**

Worry has a bad effect on your body. It raises the blood pressure. It slows down the digestive process. It can bring illness (such as an ulcer) if it is carried for a long time. It weakens the energy of the bodily members.

Two verses in the book of Proverbs underscore the effect of worry. Proverbs 17:22 reads,, “*A merry heart doeth good like a medicine, but a broken spirit drieth bones.*” That statement has become a common proverb in our society. You have probably heard it quoted, sometimes by a person who did not know it was in the Bible. One translator has worded the verse, “A rejoicing heart doth good to the body, and a smitten spirit drieth the bone” (Robert Young). Another translates it, “A cheerful heart makes a quick recovery, it is crushed spirits that waste a man’s frame.” (Ronald Knox). The meaning is evident. A heart free from worry produces a healthy and vigorous body. The opposite is true also: “A heart bowed down in worry will break one’s health.”

Now look to Proverbs 15:13, which reads, “*A merry heart maketh a cheerful countenance; but by sorrow of the heart the spirit is broken.*” It means a joyful heart makes the face glad (RSV). Indeed it does. One can tell by your countenance if you are filled with worry or with joy. A harassed and worried spirit will break the normal functions of the body and blight the spirit while it hurts the body. Be done with a spirit of worry, therefore, before it has time to blight your body by bringing sickness.

### **Mental**

Worry has a bad effect on your mind. It hinders your powers of reasoning. It dulls your imagination. It destroys your joy and peace. It births discouragement and then nurtures it. It breeds hopelessness. It is in the realm of the mind that worry finds the soil in which to sprout and grow. One of the ways to deal with worry (which we will consider in detail later) is to discipline your mind.

One of the great problems of worry is that it never ends of itself. It is not like a linear measure that when you travel a certain distance you come to the end of it. Never! Worry is like a circle. It is repetitive, going over and over and over. It never comes to the end without the ministry of a person or power greater than it is. To worry is like being under a cloud. Everything is dark. Every event is interpreted in view of the discouragement and worry one feels in his heart. He feels like the prophet Isaiah, who lamened: “We look for justice but we find inequity. We wait for light but continue in darkness. We expect light as a noonday and continue to feel as though it is night. We long for wrongs to be righted, but deliverance is not in sight.” (See Isaiah 59:8-11.) Do you recognize, perhaps by personal experience, the mental burden which weighs down the person who is filled with worry? Would you be willing to be done with worry, even to the point of surrendering it to God as a spiritual sacrifice? If so, here is hope for you. Turn your attention toward God, the God revealed in the Holy Bible.

### **Spiritual**

Worry is caused by our planning without God. God has made us for himself. We are incomplete apart from Him. One who tries to live without God is inviting worry, with all its demonic associates, to dominate his life. He may appear to be carefree and liberated, but he is a slave to his own inner thoughts and fleshly appetites

Worry is an indication one does not trust God. Therefore, the remedy for worry is to trust God in all things. Philippians 4:6 reads, “*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*” The admonition is that we not worry about anything but pray about everything instead. If we pray about all our circumstances, the peace of God will guard our hearts and minds in Christ Jesus.

Stop planning without God. Put Him in your daily affairs. When one of the

troublesome events arises, turn to Him. Tell Him about it and seek His help in it. When you no longer assume responsibility for the affairs of life which you cannot control, your worries will cease. It is by the daily “renewing of your mind” that you will experience the peace of God which passes understanding.

### **Practical**

Have you considered that when you worry long about problems you tend to produce the very thing which is an object of worry? It is true! If you worry and worry that you might lose your health, you will damage your health with an ulcer, high blood pressure or other ailments. Proverbs 23:7 warns, “*As he thinketh in his heart, so is he.*” We usually apply that to mean that one’s thoughts indicate his character. That is true, of course, but the text has a wider applications. What you set your thoughts upon determines how you act, how you feel, what kind of health you have and what your attitude is toward the difficult and triumphant affairs of life.

It is useless to tell a person, “Don’t worry; things will work out right.” The remedy for worry is much deeper than that. It requires an act of trust in God and a discipline of mind which turns thoughts from one’s self.

Worry is not a virtue or a mistake or a weakness or a failure. It is a sin! Confess it as sin and ask for forgiveness if you would have peace. Surrender to God your right to worry. That may be the greatest sacrifice some will ever make, for they are not happy unless they are worrying, but it is the only way to have peace.

Worry hurts you physically, mentally, spiritually. It is the enemy of your best interests. Settle the issue with God and cast all your cares upon Him because He cares for you.

## **THE USELESSNESS OF WORRY**

“Don’t worry. Everything will work out all right.” Have you ever had someone to say that to you when you were in deep distress? If so, you know how totally useless such counsel is. To say, “Don’t worry,” to a person in distress is like saying, “Don’t hurt,” to a person with a physical injury.

On the other hand, worry accomplishes no good. It cannot solve a problem, heal an injury, restore a broken relationship, secure forgiveness for an offense, renew strength to the weak, increase ability for the limited or remove the issue which brought the worry in the first place. Please think with me as I talk to you about the uselessness of worry.

God is concerned about the thoughts that fill your mind. He would have you think thoughts that are true, honest, just, pure, lovely, virtuous and praiseworthy.

(Philippians 4:8). He would fill your mind with thoughts of peace. Nowhere in that list can you find the idea that God is pleased when you worry. On the contrary He says, “I have set you free from cares and anxieties; I don’t want you to worry.” (See I

Corinthians 7:32). In His great Sermon on the Mount, Jesus told us not to worry about where we will get food, clothing, or shelter. He said for us to trust God, our Heavenly Father, rather than to worry. Our Father is committed to give us all we need. He wants us to be free from anxious care.

### **Most things we dread never happen**

Most of the things we worry about do not happen. If you doubt that statement, I challenge you to keep a record of your worries and your experiences. Our minds can be filled with so many threatening possibilities that we can have no rest of spirit. We worry if a certain thing might happen and worry if some other thing might not happen. Some people worry if things are going so well, so well they have nothing to worry about! But if each person kept a record of the subjects of his worries, he would discover that most of the things he worries about never happen.

### **Anticipation is worse than the experience**

Anticipation of the bad thing which we worry about is worse than the actual experience when and if it occurs. In desperation one asks, "What will I do if..." or, "How can I manage if..."? If the dreaded thing comes, one finds the strength to deal with it. He comes through the experience profited because he has learned how to handle trouble. When it is all over, he probably says, "That was not so bad, Somehow I got through it. I did not realize I could do it until I had to. Then I realized I could." There is an inner reserve of strength which we do not realize we have. I remember a man being pinned under an automobile as a result of an accident. A member of his family ran to the car and lifted it by himself while another removed the trapped man. Ordinarily, a common man cannot pick up an automobile. But he did it in the emergency. You will find you have that extra reserve, also.

Please do not waste your energy and mar your health by worrying about what might be. The anticipation is worse than the experience.

### **God will enable you to endure**

If the dreaded thing does happen and is as severe as you fear it may be, God will give you the strength to bear it. I have just spoken of the inner resource you can find when times of trial come. Understand, however, that there is more involved than mere human strength. Our inner strength is the gift of God's grace. He made our human constitution capable of bearing unbelievable burdens.

But His promise in Holy Scripture is particularly encouraging, First Corinthians 10:13 reads, "*There hath no temptation taken you but such as is common to man; but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.*" Think about that!

That is God's personal promise to you. He loves you so much that He will not leave

you alone in your trials. Like Jesus came walking on the water in the darkness of the night to rescue His storm-tossed disciples, so He comes to you as He did to them, saying, “*Be of good cheer; it is I; Be not afraid.*” Mark 6:50. You can have freedom from mindless fears if you believe Him.

How can you keep from worry and fear when the storm is raging around you? When you have used all your energy and exhausted all your resources, how can you keep a calm and quiet spirit?

The answer is simple, keep your eyes on Jesus and not on the trial. When Jesus’ disciples were caught in the storm on the sea of Galilee, it was so severe that even seasoned sailors feared for their lives. Jesus came to them, walking on the water in the midst of the storm, and spoke words of assurance to them. Simon Peter said, “Lord, if it is really you, let me come to you on the water,” Jesus invited him to come. Peter got out of the boat and began walking to Jesus, actually walking on the waters while the storm raged about him. He made progress toward Jesus sufficient to get away from the boat in which they were sailing. Then, he took his eyes off Jesus. He looked at how high the waves were and realized how hard the wind was blowing. Immediately he began to sink the moment he looked at the storm. (Read the account in Matthew 14:28-31.)

Have you had an experience like that? Have you been in a storm of trial so great there seemed no way out? Have you lost all hope, only to be encouraged by the presence of the Lord with you? Have you looked at Him and found relief, even while the storm still raged? Have you, like Simon Peter, taken a great step of faith in Jesus only to falter because of the greatness of the storm surrounding? If so, you know what it is like to begin to sink.

Do like Simon Peter, Cry out to Jesus for help, “Lord, save me.” He will. Just as Jesus put forth His hand and rescued Peter, He will rescue you. Jesus is greater than any problem you have. He is present to rescue you in the midst of your trial. The storm around you is just an opportunity for Him to show His power and personal care over you. Trust Him in every distress. Don’t worry; trust Him. He is faithful.

### **THE REMEDY FOR WORRY, Part 1**

I have made a great discovery! I have discovered the remedy for worry. If it could be bottled and sold as medicine, I could make a fortune from it. But that is not the nature of the remedy. It is expressed in seven great principles, each one taken from Holy Scripture. That turns off some people. They think that if something comes out of the Bible it is questionable at best and unreliable at worst. But these seven principles have been recognized and put to the test through the years. They come to us after having been tested by believing Christians in generation after generation.

If you have a problem with worry, here is the help you need. Take a pen and write down these principles. Meditate on them. Ask God to show you how each applies to

your life and condition. God will speak to you through them if you will be open to hear His voice. You need bear the burden of worry no longer. God has provided deliverance for you.

### **Accept the Father's values**

One reason we worry is that we do not understand the true value of things. When we can see what value God places on things, many of our worries will cease. We will see what is worthy and what is unworthy of our concerns.

What is of greater importance to you, things of the flesh or of the spirit? What is more valuable to you, things of this world or things of the world to come? Jesus warned us, "No man can serve two masters; for either he will hate the one and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon," Matthew 6:24. So you must determine whether you will set your affection on things above or on things on the earth.

Jesus said you and other people like you are far more valuable than any of earth's other treasures. You are worth more to God than the beasts or fowl. You are more important to God than the treasures of the land or seas.

The body is more than the clothing it wears, and the life is more than the food it needs. (See Luke 12:23). God is concerned about you, your life and your body. Therefore, He will see that clothing and food are available in response to your faithful effort to work. You will not worry about food or clothing when you realize the value God puts on you personally. Accept His values about what is important, and many of your worries will cease.

### **Receive the Father's provision**

There is a section of the Sermon on the Mount in which Jesus deals with our anxiety over food, clothing, and shelter (Matthew 6:24-31). He draws a contrast between God's provisions for the creatures of His hand and the redeemed children of His heart. Jesus points out that the fowls of the air do not sow or reap or store produce in barns; yet the heavenly Father provides for them. He asks, "*Are ye not much better than they?*" He points to the flowers of the field which grow in such abundance and beauty even though they do not toil or spin. Then He asks, "*If God so clothe the grass of the field... shall he not much more clothe you, O ye of little faith?*" Then He concludes with these words:

*"Therefore take no thought, saying, What shall we eat? Or, What shall we drink? Or, Wherewithal shall we be clothed? ...for your heavenly Father knoweth that ye have need of all these things...But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you."*

Our concerns should not be, "Where shall we get what we must have to live?" That is what a person who does not know our heavenly Father would think; that is his kind of worry. Our concern rather should be, "Am I seeking first the kingdom and righteousness of God?" If the answer to that is yes, then follow all the things

needed. They will not come from our human ability but from the Father's full giving. Once you accept the fact that your heavenly Father has assumed the responsibility of caring for you, your worries will cease. You will cast all your care upon Him, assured that He cares for you. He does not deal with us as one of His creatures but as one of His dear children through Jesus Christ.

### **Ponder the Father's power**

When you reckon upon the basis of your personal ability, consternation will seize upon your heart. But when you reckon upon the power of your loving Father, peace will reign.

Jesus asked if our worry would add one inch to our stature. Would it? Of course not. Many a growing boy has worried about his not being taller than some of his friends in school. It changed nothing. Many a man has worried because he was losing hairs from his head. The worry only increased the hair loss, if it made any difference at all. We may worry all we wish; it changes nothing.

Look at the fullness of the Father's provision. Psalm 68:19 reads, "*Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation.*"

Behold the Father's power in that verse. (1) He loads us with benefits. The Hebrew text indicates the text says God daily bears our burden, bears us up, sustains us, saves us and wins for us the victory. Glory! Think of that! Why do we worry when He is doing all that for us? (2) He does His great work for us daily, every single day, day after day. No wonder Jeremiah wrote of our God, "*His compassions fail not. They are new every morning great is thy faithfulness,*" Lamentations 3:22,23.

You do believe that, don't you? If you claim that by faith and meditate upon it for a while, you will find your worries fading away in the light of the power of your heavenly Father.

I can imagine someone saying, "But you don't understand. My problems are particularly severe. I have tried everything I know, and nothing has relieved them. They are overwhelming." Well, they may be insurmountable for you, but not for God. God asks the question, "*Behold, I am the Lord, the God of all flesh; is there any thing too hard for me?*" Jeremiah 32:27. Those who know Him reply, "*Ah Lord God! Behold, thou hast made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee.*" Jeremiah 32:17. Can such a God manage your troubles for you? Indeed, He can!

Turn your attention from your troubles to your God. Admit you cannot handle them. Ask Him to undertake for you, and believe that He does because He has promised to. Keep available to do whatever you can do as God's agent in working to a successful solution of the problem. Do what you can, but keep on depending on God to deliver you. And He will!

## **THE REMEDY FOR WORRY, Part II**

If you are going to worry, worry according to Bible principles. Anything else is sin. Following Bible principles leads from worry to rejoicing.

### **Regard the Father's family**

Ask yourself, "What is my personal relationship with God?" You are the creature of His creation, the benefactor of His common grace, the object of His concern. But there is more. Through faith in Jesus Christ you are the child of His family. You look to Him and call Him your Father; He looks to you and calls you His dear son or daughter. Isn't that precious?

Now relate your worries to that blessed relationship. I can remember as a child when I would be fearful, my father would take me into his arms and speak comfort and assurance until I was free from my fears. Is our heavenly Father any less concerned about us? Of course not. He is our Father. He is our heavenly Father. He cares for us. Why are we filled with worry?

Jesus said, "*If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?*" Matthew 7:11. Accept your place as a member of the Father's family, the child of His care. See what that does to your worry.

God knows us. God knows us so intimately that, like a good shepherd, He calls each of us by name (John 10:13). He knows us so personally that He knows how many hairs are on the head of each of us. He knows every thought, motive, act, word and the place where we are (Psalm 139). We are never out of His care. So cast your burdens on the Lord, and He will sustain you (Psalm 55:22). Govern your worry by your Father's care.

### **Consider the Father's knowledge**

We do not know what will be tomorrow. Many of our worries would cease if we knew in advance the how and when by which they would be resolved. We do not know, but our heavenly Father does know. He knows what we need even before we ask him. So we pray as an indication of humility and faith, not to inform Him of our needs. Two times in the Sermon of the Mount, Jesus said, "*Your Father knoweth what things ye have need of, before ye ask him,*" Matthew 6:8,32.

Divine providence is a great Bible doctrine relating to this study. Providence means to look toward and provide for our future needs. So we do not have to gather a new supply; we must receive from what the Father has already provided. Take heart in the Father's knowledge and provision of every need you may have.

### **Remember the Father's promises**

He promised that if you would seek His kingdom and righteousness, all necessary things would be added to you (Matthew 6:33). Do you believe Him? If so, why continue to worry?

Psalm 37:3 has this blessed promise, *“Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.”* The American Standard Version of the Bible suggests the reading, “Trust in Jehovah, and do good; dwell in the land, and feed on his faithfulness.” The Revised Standard Version reads, “Trust in the Lord, and do good; so you will dwell in the land and enjoy security.”

I like those promises, don't you? They suggest that if your faith is in God, He will give you security and stability. When you begin to worry and feel fear, call that promise to mind and rest in peace.

God has promised that when the poor and needy have need and cry to Him, *“I the Lord will hear them, I the God of Israel will not forsake them,”* Isaiah 41:17. Have you noticed how people are glad to help the person who has plenty and are often hesitant to help the person who has nothing? God is just the opposite. He hears the needy when he cries, the poor also, and him who has no helper (Psalm 72:12). That includes you, doesn't it? Why, then, are you beset by worries? Remember the promises of God.

### **Obey the Father's commands**

God does not promise His blessings upon the rebellious or disobedient. His goodness comes on those who seek His kingdom and His righteousness. What commands does He give us which relate to worry?

Matthew 6:34 reads, *“Take therefore no thought for the morrow; for the morrow shall take thought for the things of itself.”* That means, “Do not be troubled and fret over what might happen in the future.” Obey that command if you would win over worry. Philippians 4:6, 7, admonishes us, *“Be careful (anxious, troubled, worried) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”* The command is to pray instead of worry. Obey that command of the Lord God and you will certainly find your worries cease.

John 14:1 reports these words of Jesus, *“Let not your heart be troubled; ye believe in God, believe also in me.”* His command is that we be filled with faith in the Father and in the Son rather than being filled with fretting. By the wording of this command, *“Let not your heart be troubled,”* the meaning is evident that each of us determines whether we worry or trust.

Psalm 37 has a series of commands from the Lord which would be worth detailed study. But it is sufficient to just list them now and invite you to relate them to the problem of worry. The commands are, *“Fret not thyself...Trust in the Lord...Delight thyself also in the Lord...Commit thy way unto the Lord...Rest in the Lord.”* It includes this statement, *“The steps of a good man are ordered by the Lord; and he delighteth in his way. Though he fall, he shall not be utterly cast down; for the Lord upholdeth him with his hand.”* Psalm 37:23, 24. There is the foundation for your faith, for relief from worry, for peace of mind. Claim it and live in its blessings.

Worry is not a virtue or a mistake or a weakness or a failure. It is a sin. Confess it and ask God to forgive you for it. Surrender to God as a spiritual sacrifice the right to worry anymore. Claim I Peter 5:7 as your haven, “*Casting all your care upon him (all your anxieties, all your worries, all your concerns, once and for all upon Him) for he careth for you (He cares for you affectionately and cares about you watchfully).*” That is your victory over worry.