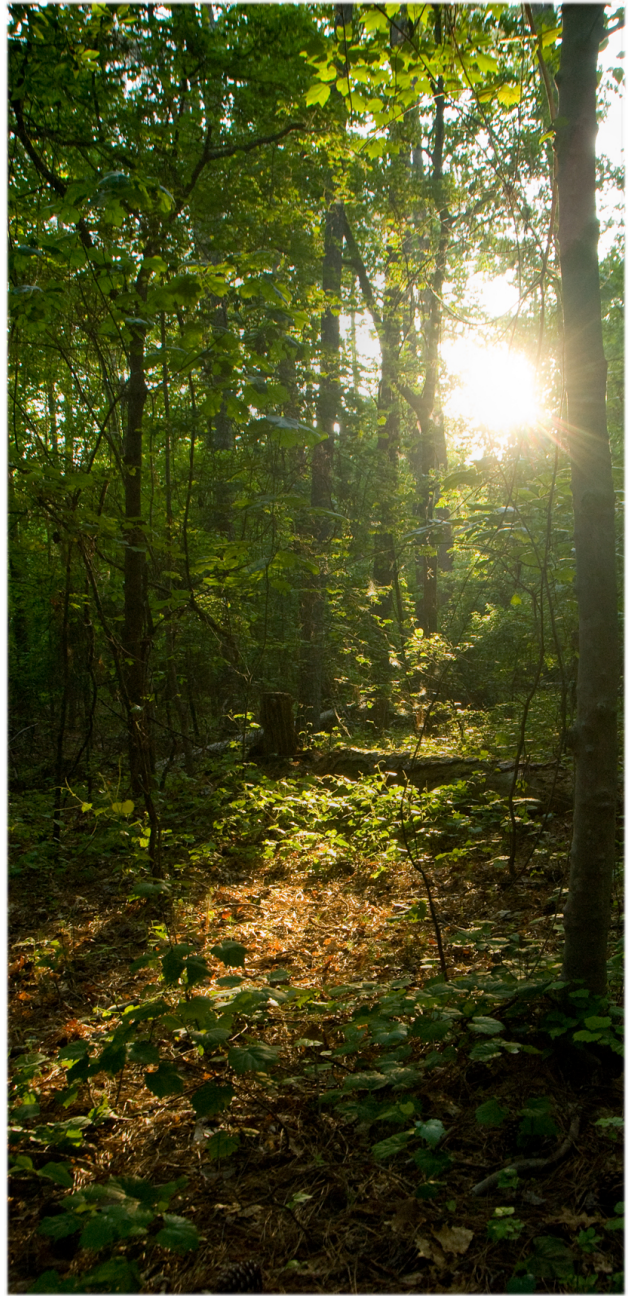


How to Stop Worrying

8 Biblical Steps to Maintain Peace



1 PRAY FIRST - Before you read the news or check on the things that cause you anxiety, pray first. Let that be your start of the day.

2 SLOW DOWN - Exhale. Don't allow yourself to get amped up and come unglued. Relax. Breathe. If the problem is real, it'll wait for you

3 ACT ON IT - If you are worried about something specifically, look into that issue. Will you lose your job? Go ask your boss directly. Don't dwell in your head alone.

4 COMPILE A WORRY LIST Write down the things you're worried about. Don't be generic, be specific.

5 FOCUS ON TO TODAY ONLY Don't get too far out in front of yourself, focus on the one thing you need to deal with right now.

6 EVALUATE YOUR WORRY LIST - Review all the things you've written down, how many happened?

7 UNLEASH A WORRY ARMY - Ask others to pray for you about the things that worry you, but be the lead dealing with the worry so others see the power of their prayers.

8 GOD IS ENOUGH - He will not allow things in your life that you can't overcome, so realize everything that's happening to you is also something God has equipped you to overcome. Stay in communication with God about how to overcome the things in your life.