

HOW TO STOP WORRYING

By Fountain Hendricks

(Matthew 6:28-34)

Worrying prevents you from moving into action. Worrying kills your growth. Worrying destroys your cognitive skills. Worrying blocks your mind from creating solutions. Worrying maximizes problems. Worrying controls how you **SEE** things. When an individual worries they will **SEE** what is negative **BEFORE** they will see what is positive.

They will **SEE** what is wrong **BEFORE** they will see what is right. They will **SEE** what is hurtful **BEFORE** they will see what is helpful. They will **SEE** what they are losing **BEFORE** they will see what they are gaining. Worrying **DOES NOT** give you a picture of what is happening. Worrying gives you a picture of what **COULD HAPPEN.**

STOP MEDITATING ON SOMETHING THAT HAS NOT MANIFESTED!

(Worrying will cause you to focus on something that has not appeared yet!)

IS IT POSSIBLE TO STOP WORRYING?

Yes it is. If you apply this teaching you will never have to worry about anything again. The only reason people worry is because they **DID NOT PREPARE. LACK OF PREPARATION WILL INVITE THE SPIRIT OF WORRY TO DOMINATE YOUR MIND.** Here's what I mean.

- The only reason people worry about dying is because they **DID NOT PREPARE** to die. Establishing a personal and healthy relationship with King Jesus will prevent you from worrying about death.

- The reason people worry about being fired from their job is because they **DID NOT PREPARE** to create a secondary income.
- The reason people worry when the Dr. calls is because they **DID NOT PREPARE** to manage their health by exercising, eating right and living righteously.
- The reason people worry about passing a test is because they **DID NOT PREPARE** themselves with the knowledge to be successful.
- The reason people worry about their business failing is because they **DID NOT PREPARE** to endure times of famine.

THE THINGS YOU DO NOT PREPARE FOR ARE THE THINGS YOU WILL CONSTANTLY WORRY ABOUT.

Matthew 6:33 says, "*But seek ye FIRST the kingdom of God, and his righteousness; and all these things shall be added unto you.*" The Lord said He will give us everything we

need. However, our responsibility is to give God what He wants **FIRST**.

WHEN YOU GIVE GOD WHAT HE WANTS, YOU
WILL NEVER HAVE TO WORRY ABOUT WHAT
YOU NEED.

For example, God **WANTS** you to be healthy. However, in order to give Him what He wants you must take care of your body by **PREPPING** it with healthy food and constant exercise. God wants you to be prosperous. However, in order to give God what He wants you must **PREP** your mind with the Word of God. In order to **STOP** yourself from completely worrying, give God what He wants **FIRST** and He will give you what you **NEED SECOND!**

WHAT YOU DO FIRST WILL DETERMINE
WHAT GOD DOES SECOND!!

THINK AHEAD

Do not look at what is in front of you. Look at what is ahead of you. People that see what is in front of them do not prepare, they **REACT**. People that see what is ahead of them do not react, they **PREPARE**. For instance...

- If a person jumps in **FRONT** of your moving car you do not prepare to stop. You **REACT**, by hitting the breaks immediately.
- If a police officer drove **AHEAD** of you, you will not react to his movements. You will make **PREPARATIONS** to stay out of his way.

I want you to learn how to think **AHEAD**. Thinking ahead will prevent you from worrying. Prep your body so you do not have to worry about your health. Get an education so you do not have to worry about lacking a business opportunity. Serve God so you do not have to worry about dying. Treat people right so you do not have to

worry about people taking revenge on you. **LEARN TO
LIVE A WORRY FREE LIFE!**

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