



### **Today's Thought: I'm so worried**

With Bishop Ronald K. Powell

#### **Fasting from these thoughts is developing a HABIT of RIGHT THINKING.**

Not only are we overcoming each individual thought; but, as we are consistent at this, we will reverse the tendency of thinking negatively into thinking positively.

This is how we change from the inside out!

**Proverbs 23:7** “As a man thinks within, so is he.”

#### **WORRY:**

**Worrying too much — about anything** — can have real consequences, from physical health issues to the alienation of friends and family.

**Atlantic Wire — “Science Says Start Worrying About Your Worrying”** — specific symptoms can include an elevated heart rate, headaches, nausea, dizziness, and twitching. And, as anyone who has been truly agitated can recognize, worrying fosters an interior focus that makes one inaccessible to the people who want to help the most. And clearly, when your health and relationships take a hit, your sense of happiness and fulfillment is bound to plummet.

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**Proverbs 23:7** “As a man thinks within, so is he.”

**Today, we are fasting from the thought: “I’m so worried.”**

Worry not only has the power to weigh us down and depress us, but it also chokes out the Word of God that is sown in our heart.

**The key to fasting from this thought, is to realize that worry is a habit.**

The more you do it, the more you become addicted to it.

People try to comfort themselves with worry, and yet it has the exact opposite effect.

We’ll break that habit, by fasting from the thought: “I’m so worried.” How?

**1. First, you have to RECOGNIZE that worry does NO GOOD.**

Jesus said in **Matthew 6:27-29**, “Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are.” (NLT)

**2. Worry hurts. It produces burdens and sickness.**

**Proverbs 12:25** says “Worry weighs a person down.”

When you know something is hurting you, you’ll usually stop doing it.

**3. Since worry is “thinking about things that are wrong”, start thinking about all the things that are right in your life.**

**Psalms 103:1-5** “...forget not one of His benefits, who pardons your iniquities, heals your diseases, redeems your life from destruction, crowns you with loving kindness and compassion, and satisfies your years with good things...”.

**4. Treat worry as a SIGNAL to pray. Turn it around. Use worry as a weapon. It’s telling you to pray!**

**Philippians 4:6-7** “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God’s peace...”

**5. Focus on God's purpose for your life. (to win souls, to serve others, to be a blessing, etc.)**

**Matthew 6:25** "That is why I tell you not to worry about everyday life-whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?"

## **6. TAKE A LOOK OUTSIDE**

"...notice" Jesus said, "look at the birds," "look at the lilies of the field," and "look at the grass"

He wants us to look outside and notice His care over creation.

## **YOU ARE THE CROWN OF HIS CREATION.**

Expect His CARE TODAY!

THOUGHTS are more POWERFUL than devils! Think right, live right