

## WEED OUT THE WORRY

*Matthew 6:31* Therefore, do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

We can see here the connection between worry and the words we speak. Worrying causes us to be preoccupied with things that cause anxiety and stress. These things weigh heavily upon our hearts and instead of living a carefree lifestyle we succumb to the same pressures that are the lot of those who do not know our heavenly Father. Worry becomes re-enforced in us because whatever fills our thoughts will soon be expressed by our mouths. Jesus said, "...Out of the abundance of the heart his mouth speaks." *Luke 6:45*

Our faith also comes under attack because when we give in to it, worry seeks to dominate and bring into question the precious promises of God's word.

As with the weeds that tend to overrun and spoil our gardens, if left unchecked, we must pull worry out by the root. You might ask, "How can I do that when worry is so much a part of my everyday life?" In the same way we overcome in any area of our life. Make a choice to turn from worry and resist it one thought at a time, in much the same way as a person would who wants to break any unhealthy habit in their lives. God is for us but worry works against us. It is based on the lies of the enemy and does not originate from God. When we submit to His word He supplies the necessary ability for us to carry through on our obedience. With each step we grow stronger.

Worry is first cousin to fear and we want neither of them visiting our house! Look worry in the face and say, "No, you are not welcome here!" I discovered that by weeding the worry out of my life fear was deprived of its power over me. Everyday brings new opportunities to worry so we must be vigilant and continue to stand against it.

When we do we find we have the ability to focus our thoughts on things that bring joy and peace into our lives. A heart filled with peace is what God has purposed for everyone of us.

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I am the way maker and I will lead you even when things around you look confusing. Yes, I will make the way clear and distinct before your eyes. I offer you provision and an umbrella of protection, as you stay close to Me and choose to walk in paths of obedience. As you dwell in the secret place of my presence the things that touch others will not touch you. Do not be afraid. Listen intently as I speak to you through My word, and live with the assurance of My presence and My protection. Rest in the knowledge of my love for you at all times and know that I will support and lift you up in My arms. Take your refuge in Me and enjoy My peace, for I will not fail you.