

## DEVOTION THREE.

### How To Stop The Worry Cycle



In devo. 2, we learned a lot about worry. So, now that we know, what do we do? We have to recognize when we're worrying and replace those uninvited thoughts with ones that not only bring a good return but help us live in peace.

### Pray Instead

In Philippians 4:6-7, we're told not to be anxious or worried but to pray instead. Easier said than done, isn't it? Author Max Lucado said, "*No one can pray and worry at the same time.*" We typically choose worry instead of prayer. It's more natural for us. Let's change that and make praying our *go to* instead of letting worry overwhelm us. The more we pray, the less we'll worry.

### Entertain Healthy Thoughts

Worry often causes us to think about what-if scenarios that may never happen. When we do this, we must arrest our thoughts and stop them in their tracks. Imagine yourself literally grabbing that worrisome thought from out of thin air. Instead of going back to that thought, use God's Word to supply you with truth because it's our source of hope.

### Live Grateful

Most people who live in gratitude are typically joyful. And you know what else? They don't usually spend their time worrying. So, look for ways to be grateful. Maybe it's a daily journal where you write down a few things each day. And every day we can thank God for His creation, for it reminds us of just how awesome He is.

Finding freedom from worry takes time. We've created the habit of worry, so let's *un-create* it by employing these ideas. Even though this takes time, it doesn't mean you won't find success. When you stop worry in its tracks and pray instead, that's success! If you fail on the next thought and worry instead, show yourself some grace. Simply start over.

The more honest we are about how much we worry, the more we can eradicate it from being a normal part of our lives. Worrying is normal, so let's strive to go against "*the norm.*" Let's choose to pray instead, entertain healthy thoughts, and give God thanks for the blessings in our lives.



Think of the one thing that you typically worry about the most. If it's caused by something you're listening to or watching, consider limiting or eliminating that source. Come up with a prayer for this particular worry. Whenever that thought comes to mind and you're tempted to worry about it, voice this prayer instead. Don't be discouraged if you have to do this 50 times a day. Change your mind set and recognise that you're praying 50 times more a day!



**NO LONGER SLAVES** (Official Lyric Video)

<https://www.youtube.com/watch?v=f8TkUMJtK5k>



You might find these lyrics really hard to sing or apply to your situation right now, how can you make this your prayer over your life?

