

This week Pastor Sasha brings us the message entitled "Five Keys for Combating Worry."

There are many things in life that can rob you of your joy: health problems, financial troubles, job and career struggles, relationship issues, etc. Everyone deals with problems. The question is "will you worry over them"? As you understand what worry is and how negatively it can affect your life, you will learn how important it is to trust God with all your problems.

Worry can be defined as a divided heart or mind. The worrier's focus is split between the cares of this world and the peace of God. By getting you to focus on your problem, the enemy steals the peace that God gives you.

There are a few symptoms of worry. One symptom is saying "Yes, but..."; that is, looking for the dark cloud in every silver lining. Also, being trapped in "circular thinking" where your cycle of thought leads you back to the original problem. This pattern can lead to hopelessness and despair. Lastly, when you see worry and anxiety as a byproduct of your external circumstances, you lose perspective on what's really going on. Remember, worry is the product of wrong thinking—not the circumstances themselves.

Remember two things about worry. First, worrying is a choice that you make. Regardless of the situation, you don't have to worry unless you choose to. Second, worry is an issue of trust or a matter of faith. Putting your faith in God in times of stress and anxiety takes away your reason to worry.

Pastor Sasha gives us five keys to combating worry. First, know that your life is more than that thing that you've given so much attention. It may be money, a relationship, a job, or a sense of power, etc. Whatever it is for you, know that your life is much more than that.

Second, don't try to control the uncontrollable. Abraham and Sarah couldn't control when or if they would have a child. It was God's plan and His timing that they had to wait so many years before Isaac was born. In the same way, you can't control what God has planned for your life. Have faith that in God's good time He will fulfill His desires for you.

Third, look and listen to God's creation. Just as He provides for the birds of the air and the flowers of the field, He will provide for you, whom he loves much more than these.

Fourth, be occupied with God's kingdom. This is where you have to choose between worry or worship. Will you worry about the problems of the day, or will you worship the creator who can remove those problems in a miraculous way?

Fifth, live day by day. Don't worry about tomorrow, for it has enough problems of its own (Matt. 6:34). Live fully in this moment, so that you can enjoy what God has blessed you with right now.

If you can remember these keys, you will be effective in combating worry and having the peace that God intends for you. Now, how will you approach your problems this week?