

This week, Pastor Andy presents the final installment in the series "Power Verses For Transformation". Andy encourages you to not worry and to pray instead. Forty percent of the things people worry about never happen. All of your "What if...?" and "What could...?" questions only serve to catch up your "present" in your "future".

There are three questions to answer in order to achieve a worry-free life. Who wrestles with worry, where does worry come from, and what is the alternative to worry? Most people wrestle with worry at one point or another. Worry in your life tends to come from feelings of vulnerability and powerlessness. You can try to handle your worry and end up being overly aware of worrying (basically worrying that you are worrying). You can try to handle your worry by denying your anxiety (It isn't there if I don't acknowledge it) or you can try to handle your worry by attempting some method of self-reliance (look in the mirror and slowly repeat, "You are good-looking, you are smart and everyone likes you.) In each case, you are STILL worrying! What can you do?

You can break out of the worry rut by changing your "life focus". Worry comes from concentrating on yourself. "How can I...?" "What if I...?" "What will happen TO ME?" Redirect your focus from yourself and onto what God has for you. Pray about everything! God wants to provide everything you need in your life. If you pray, listen! As you speak to God and keep your attention on Him through Bible reading, God will speak to you. Respond to what he says to you. Redirecting your "life focus" takes effort and perseverance but it frees you from worrying. What will you do differently today to free yourself from worry?