

5 Lies You Need to Renounce to Begin Your Worry-Free Life

It was the big day. My parents, my brother, 16, and I, 17, sat in the courtroom. We dressed for the occasion, and our hearts wore unprecedented excitement.

My family worked hard to meet the requirements that led us to this event that would change our lives. The red, white and blue of the American flag covered the front wall of the large courtroom. Its majestic presence reminded us we were about to take a step filled with a unique honor.

“Raise your right hand,” the immigration officer said.

We did, and with unwavering conviction we renounced our allegiance to Bolivia and pledged our allegiance to the United States of America. In that ceremony, we officially became American citizens, fully committed to our allegiance. And that’s when the Fourth of July sent off fireworks of gratitude in us.

Not so when I pledged my allegiance to Christ. I became a Christian, but, unaware, I adopted dual citizenship—to God and, to the world, too.

On Sundays, I worshipped. During the week, I worried.

Have you been there? On Sundays we pledge to believe, to obey and follow God. We commit to embrace God’s Word and hold on to His promises. But when life brings ugly moments, our allegiance to negative emotions takes over.

How It Happens

God says not to worry, but we do. He repeats to trust in Him, but we doubt instead. He offers peace, and we forget that, too.

But freedom from worry comes when we remember that worry is a language, a specific way to communicate with God. Our worry repeats these five lies:

1. God is not capable to remove the anxiety in us.
2. God is not capable to bring answers to our solutions.
3. God is not aware of the details that bring on fear.
4. God is not able to put back the pieces of our broken heart.
5. God cannot change the path of our wrong choices.

That's the language of worry, unacceptable to Him and destructive to us. Worry-talk contradicts God's Word and dilutes His promises.

"Surely He shall deliver you from the snare of the hunter and from the deadly pestilence. He shall cover you with His feathers, and under His wings you shall find protection; His faithfulness shall be your shield and wall. You shall not be afraid of the terror by night, nor of the arrow that flies by day; nor of the pestilence that pursues in darkness, nor of the destruction that strikes at noonday" (Matt. 6:34).

And with worry in the garbage disposal of life, we sing, "He is my refuge and my fortress, my God, in whom I trust."

So why do you doubt, shake or fret? When you know "Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday" (Ps. 91:3-6).

Let's Pray

Father, thank you for the reassurance that You have me and my family covered. Thank you for the sleep that comes at night as

you silence the lies. I praise You for the reassurance You whisper into my heart, removing worry from my mind. In Jesus' name.

When will you begin your worry-free life? {eo}

Janet Perez Eckles *is an international speaker and the author of four books. She has helped thousands conquer fear and bring back joy.*

This article originally appeared at .

For more spiritual guidance on worrying, listen to the podcast included with this article!