

Stress Management: Simply Don't Worry

"Be anxious for nothing, but in everything, by prayer and supplication with gratitude, make your requests known to God" (Phil. 4:6, MEV).

The No. 1 source of stress in your life is not work. It's worry. Work doesn't keep you up at night; worry does.

God is very clear in the Bible what He thinks about worry. Philippians 4:6 says it all.

Why do you need to let go of your worry? Here's why:

1. Worry is unreasonable for a couple of reasons. First, worry exaggerates the problem. Have you noticed if somebody says something bad about you, the more you think about it, the bigger it gets? Second, worry doesn't work. To worry about something you can't change is useless. And to worry about something you can change is stupid. Just go change it!

2. Worry is unnatural. There are no born worriers. You might think you are, but you're not. Worry is something you learned. Since worry is unnatural, it's also unhealthy. Your body wasn't designed to handle worry. When people say, "I'm worried sick," they're telling the truth. Doctors say a lot of people could leave the hospital today if they knew how to get rid of guilt, resentment, and worry. Proverbs 14:30 says, *"A peaceful heart leads to a healthy body"* (NLT).

3. Worry is unhelpful. Worry cannot change the past, and worry cannot control the future. All it does is mess up today. The only thing that worry changes is you. It makes you miserable! It's never solved a problem. It's unhelpful.

4. Worry is unnecessary. God made you, he created you, he

saved you, and he put his Spirit in you. Don't you think he's going to take care of your needs? There's no need to worry.

The first step in stress management is to refuse to worry about anything. Why? Because it's unreasonable, unnatural, unhelpful and unnecessary.

The Bible says in 1 Peter 5:7, *"You can throw the whole weight of your anxieties upon him, for you are his personal concern"* (AMP).

God personally cares about you and for your needs. You know all those things you're stressing, anxious and worried about? Let it go. Give it to God.

Talk It Over

- What does your worry say about how much you trust God?
- What is it you are worried about? What can you do to change it?
- How can you practically "throw your anxieties" on God?

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