

Removing Worry From Our Life

[Philippians 4:8-9](#)

[Philippians 4:8-9 \(NASB\)](#)

⁸“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything, worthy of praise, dwell on these things.

⁹The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.”

People fret over all kinds of issues, from safety and job security to election results. For many folks—and maybe you are one—anxiety is woven so tightly into the fabric of their day that they’ve learned to live with it.

We treat worry like a benign emotion when in fact it can be harmful. Anxiety **clouds our thinking**, **divides our focus**, and **robs us of concentration**. To complicate matters, the body can react to prolonged pressure on the psyche. Stress can manifest physically through **tension headaches**, **elevated blood pressure**, and even **heart attacks**.

Drifting through an exhausting life is not the Lord’s plan for us. Our challenge is to take anxious thoughts captive ([2 Corinthians 10:5](#)) and replace them with God-pleasing ones by dwelling on that which is pure, good, and right.

[2 Corinthians 10:5 \(NASB\)](#)

⁵“*We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ.”

The best way to remove stray threads of worry is to crowd them out with something positive. We do this by weaving Scripture into our mental grid instead. God has something to say about everything that concerns us. If we’re feeling weak or underqualified, [Philippians 4:13](#) assures us we “**can do all things through Him who strengthens [us].**”

[Philippians 4:13 \(NASB\)](#)

¹³“**I can do all things through Him who strengthens me.**”

If we fear the paycheck won’t cover this month’s expenses, [Matthew 6:31-32](#) reminds us not to be anxious, “**for [our] heavenly Father knows that [we] need all these things.**”

[Matthew 6:31-32 \(NASB\)](#)

³¹“**Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’**

³²“**For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.**”

Jesus said worry adds nothing to our life ([Matthew 6:27](#)).

[Matthew 6:27 \(NASB\)](#)

²⁷“**And who of you by being worried can add a *single* hour to his life?**”

In fact, we actually waste time and energy dwelling on concerns instead of affirming our trust in the Lord. We must choose to set our minds upon Him before anxiety leaves us feeling frayed.