

# HOW TO STOP WORRYING

## 9 GUARANTEED TIPS FOR CHRISTIANS

FREE EXCERPT

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21 DAYS TO VICTORY OVER YOUR PROBLEMS

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## INTRODUCTION

Worry is extremely prevalent - among both non-Christians and Christians.

This Bible-based course has one goal - to show you how to never worry again.

Each section of the course includes instructions and study questions to help drive home the key learning points, and to help you develop action steps to apply what you have learned.

I welcome your comments on the course.

If you want to comment, please send me an email at

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Let's get started.

## SECTION 1 - THE FOUNDATION

### RESEARCH REVEALS:

- The average person spends 5 years of their life worrying.
- Worry impacts concentrating at work, sleeping, relationships, and more.
- 32 percent of people have sought medical care because of worry or stress.

### DEFINITION OF WORRY

The Cambridge Dictionary defines worry as: *To think about problems or unpleasant situations that might happen in a way that makes you unhappy and frightened.*

The word worry comes from old English, meaning to “Strangle” or to “cause anxiety”. If you are in the habit of worrying, I am sure there have been times when you felt “strangled” or “anxious”.

This course equips you to carry out the command: Do not worry. (Philippians 4:6)

There are 7 prerequisites for never worrying again:

### 1. DISTINGUISH BETWEEN WORRY AND CONCERN.

While it’s healthy to be concerned about something, it’s unhealthy to worry about it.

Concern can motivate you to do something to solve or cope with an actual or potential problem. Worry, on the other hand, keeps you stuck on problems and distracts you from planning any helpful ways of dealing with them.

As an example, I am concerned about the number of drivers who text and/or talk on their cellphones. That concern motivates me to look out for and seek to avoid those drivers by slowing down to let them pass. Worry, instead, might cause me to become so anxious about the potential hazards that I would quit driving.

## STUDY QUESTIONS/INSTRUCTIONS

1. Identify an issue about which you are:

a) Currently concerned.

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b) Currently worrying.

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James 1:22 says: *Do not deceive yourselves by just listening to his word; instead, put it into practice.*

I will take the following steps to distinguish between things about which I am concerned and things about which I am worried:

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## 2. RECOGNIZE THE IMPACT OF WORRY.

Studies show that worry can cause:

- Physical problems, e.g. migraine headaches, ulcers, elevated blood sugar levels, high blood pressure, increased infections, constipation and diarrhea.
- Emotional problems, e.g. insomnia, over/under eating.
- Social problems, e.g. being argumentative, withdrawing from friends
- Other problems, e.g. energy drain, wasted time, decreased productivity, missed deadlines, drug abuse, alcohol abuse, and excessive smoking

### STUDY QUESTIONS/INSTRUCTIONS

a. Read Proverbs 17:22. Is it consistent with findings of how worry impacts physical health? Why or why not?

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b. Read proverbs 12:25. Is it consistent with findings of how worry impacts emotional health? Why or why not?

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c. Read 1 Thessalonians 5:16. What is Paul's command? How does worry impact your ability to follow the command?

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d. How has worry impacted you:

- 1) Physically? \_\_\_\_\_
- 2) Emotionally? \_\_\_\_\_
- 3) Socially? \_\_\_\_\_
- 4) In "Other" ways? \_\_\_\_\_

James 1:22 says *Do not deceive yourselves by just listening to his word; instead, put it into practice.*

I will take the following steps to monitor how worry impacts me:

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### 3. RECOGNIZE THAT WORRY IS DISOBEDIENT.

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OBEY GOD AND LEAVE THE CONSEQUENCES TO HIM. - CHARLES  
STANLEY

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#### STUDY QUESTIONS/INSTRUCTIONS

a. Based on Exodus 15:26, how should you obey God?

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b. Based on Deuteronomy 11:26-28, what is the consequence of:

1) Obeying God?\_\_\_\_\_

2) Disobeying God?\_\_\_\_\_

c. What is Paul's command in Philippians 4:6?

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James 1:22 says *Do not deceive yourselves by just listening to his word; instead, put it into practice.*

I will take the following steps to remain aware that worry is disobedient:

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## 4. RECOGNIZE THAT WORRY IS USELESS.

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WORRY IS LIKE A ROCKING CHAIR. IT GIVES YOU SOMETHING TO DO, BUT IT DOESN'T GET YOU ANYWHERE. -ERMA BOMBKE

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### STUDY QUESTIONS/INSTRUCTIONS

Read Matthew 6:27.

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Think about the issue you mentioned in Step 1 that causes you to worry.

a. What are the benefits of worrying about the issue?

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b. What are the disadvantages of worrying about the issue?

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c. Charlie Brown and Linus from the "Peanuts" comic strip are sitting on a bench. The caption reads, "Worrying won't stop the bad stuff from happening; it just stops you from enjoying the good." Do you agree? Why or why not?

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d. What lesson can you learn from the sparrows in Matthew 6:26?

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e. Matthew 6:30 implies that faith prevents worry. Do you agree? Why or why not?

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James 1:22 says *Do not deceive yourselves by just listening to his word; instead, put it into practice.*

I will take the following steps to remember that worry is useless:

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## 5. RECOGNIZE THAT WORRY IS UNNECESSARY

### STUDY QUESTIONS/INSTRUCTIONS

a. According to Matthew 6:30, what is the underlying reason for worrying?.

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b. What is Jesus' promise in Matthew 6:33b?

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c. According to Matthew 6:33a, what must you do in order for Jesus to fulfil his promise?

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d. In your own words, explain what it means to seek the kingdom of God and His righteousness?

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Dale Carnegie said: *"When I asked Mr. Henry Ford if he ever worried, he replied: "No. I believe God is managing affairs and that He doesn't need any advice from me. With God in charge, I believe that everything will work out for the best in the end. So what is there to worry about?"*

James 1:22 says *Do not deceive yourselves by just listening to his word; instead, put it into practice.*

I will take the following steps to remember that worry is unnecessary:

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## 6. RECOGNIZE THAT WORRY PREVENTS YOU FROM ACHIEVING YOUR MISSION.

### STUDY QUESTIONS/INSTRUCTIONS

a. According to Matthew 28:19, what is your mission as a Christian?

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b. In Matthew 6:32, what is the group of people to which Jesus compares Christians who worry?

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c. If you as a Christian worry the same as a non-believer, how could that prevent you from carrying out your mission?

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James 1:22 says *Do not deceive yourselves by just listening to his word; instead, put it into practice.*

I will take the following steps to recognize how worry is preventing me from achieving my mission:

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## 7. DECIDE NOT TO WORRY.

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YOUR LIFE CHANGES THE MOMENT YOU MAKE A NEW, CONGRUENT  
AND COMMITTED DECISION. -TONY ROBBINS

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Despite your best effort to prevent them, you are going to have problems.

Jesus said, *"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."* -John 16:33

So, while you cannot prevent real and potential problems, you have a choice of how you respond to them. You can respond by worrying or by being at peace because of Jesus' promise. Either way, you must make a decision - every day. (Sometimes, multiple times during the day).

### STUDY QUESTIONS/INSTRUCTIONS

a. Read the following verses. Are they examples of decisions? Why or why not?

- 1) Job 13:15 \_\_\_\_\_
- 2) Psalm 23:4 \_\_\_\_\_
- 3) Habakkuk 3:17-18 \_\_\_\_\_

b. Read Matthew 6:33.

If you decide to seek the kingdom of God and His righteousness, instead of worrying about the needs and uncertainties of tomorrow, what will be the result?

\_\_\_\_\_

James 1:22 says *Do not deceive yourselves by just listening to his word; instead, put it into practice.*

I will take the following steps to continually decide not to worry:

\_\_\_\_\_

I hope you have benefitted from this free excerpt of How To Stop Worrying - 9 Guaranteed Tips For Christians.

Gain even more benefits.

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