The Focus word for August is Faith

The verse for week 36, August 30-Sept.5

"Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. Phil 4:6 TLB

Don't worry???? That ~~is~~ was a ridiculous statement to say to me while growing up. From about the age of 9 until I don't even want to admit, I worried about everything and when I did not have something to worry about, I worried about worrying.
TRUE STORY!
I worried about going to bed to late at night, about not falling asleep quick enough, I worried about not waking up on time and it went on and on and on and on for MANY years. No counseling, no Sunday school and no prescription could change it, make it better or take it away. Worry did not work with me, it worked on me and man did it do some long term damage.
Although I still "arm wrestle" with worry and its counterparts anxiety and fear, they do not run or rule my life. THEY are not the boss of me, my faith is and that faith in God is the cure to worry. Hah-lay-fricken-llejah! Can I say that to you????

Our worries grow from our fears. Are you going to live with it, run from it or trust God with it? Worry is counterproductive and keeps us from growth, strength and moving ahead.
This week, I challenge you to take a step in a new direction by acknowledging GODs control with a worry you have.
Are you ready???
What do you have to lose? Nothing.
What do you have to gain? So much.

Q: So what do you do to cure worry??
A: Ask for help.

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Talk= Prayers
Tell= Tell God what you need and be specific
Thank= Show your gratitude, Thank Him (and do it in advance because that shows that you have complete faith

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