

Why Not Wait To Worry?

The Benefits of Putting Off Your Worries Until Tomorrow

By Paul J. Meyer

Did you know that 90% of what you worry about never comes to pass? It's true! And yet it's probably the most frequently participated-in activity known to mankind. I've personally known people that have such an ingrained habit of worry that they'd probably worry even if they weren't worried!

One day it occurred to me to just *make the decision* not to worry. For years now I address any concern that comes up with the statement, "I'm going to *wait* to worry." One of the ways I've learned to postpone any need to worry is by putting whatever is bothering me to three simple tests.

Test #1: Do I have all the facts?

The majority of the time I'm worried about something is because I don't have enough of the facts to make a wise decision. Normally, once I gather the relevant data, talk to another person whose judgment I respect, and do a bit of research on my own, the decision becomes clear. So until I've taken those steps to become fully informed, there is no need to worry.

Test #2: Do I really *want* to worry about this?

I've learned there is no peace of mind in worrying. And if I want to remain healthy, positive, and well balanced, then worry cannot be a part of my day. In addition, the negative side effects of worry include:

- Self doubt
- Mediocrity
- Anxiety
- Lack of creativity
- Physical ailments
- Wasted time

Test #3: Is it biblically acceptable to worry?

Since the Bible is very clear that we are not to worry ("*Do not worry*" Matthew 6:34) if a situation can make it past this test, then it definitely is something I need to worry about!

The bottom line is that worry shows a lack of trust in God. You cannot walk around in a state of both faith and fear anymore than you can sit on both sides of a fence at the same time.

"...if I want to remain healthy, positive, and well balanced, then worry cannot be a part of my day."

One of my favorite scriptures that addresses worrying is Philippians 4:6-7 which states, "*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*"

How can I stop worrying?

Droves of books have been written on every aspect of worrying, but just understanding why you worry, such as you learned it from your parents, won't change a thing. Worry is usually just a bad habit and the cure for any bad habit always comes down to the same thing - you have to make a *decision* to stop worrying!

Here are some steps that can help:

Step #1: Acknowledge that worrying is not God's will for you, and therefore it is a sin that needs your repentance.

Step #2: Fill your mind with God's principles by reading, studying, and absorbing God's ways.

Step #3: Be obedient to the leading of the Holy Spirit about what to do. He can lead you to the very best solution because more than anyone else, He wants you to live worry free!

Step #4: Get prepared. Learn, study, and know the facts about whatever concerns you.

Step #5: Foster an attitude of positive expectancy. While some concerns can be "weighty," expect good things to happen.

An antidote to worry

It would be wonderful if we could rush down to the local pharmacy and purchase a worry antidote; a few good spoonfuls, and we'd be anxiety-free. Of course, that's not possible.

But *God* has promised to meet our every need and He is the most powerful antidote of all.

When we trust in Him and believe His word, we can most assuredly say, "Why not *wait* to worry!"

Paul J. Meyer, best-selling *New York Times* author and founder of the Success Motivation Institute has written two dozen full-length programs plus numerous books on attitude, motivation, goal setting, management, leadership, and time management. In his highly acclaimed book, *24 Keys That Bring Complete Success*, available at www.pauljmeyer.com, Paul shares the 24 keys that have made him the success he is today.

