**Would You Like to Reduce Fears, Anxiety, and Worry?**

“Don’t worry about anything; instead, pray about everything. Tell God what you need and thank Him for all He has done.” Phil. 4:6

“Cast all your anxiety on Him because He care for you.” 1 Peter 5:7

“So do not fear, for I am with you; do not be dismayed, for I am your God.

I will strengthen you and help you; I will uphold you with my righteous right hand.” Isaiah 41:10

“When anxiety was great within me, your consolation brought me joy.”

Psalm 94:19

The Bible is replete with verses on how to mitigate our fears and worries. Many of our fears and worries stem from the what ifs. Meditating on some of the pertinent Bible verses and committing them to memory can be a helpful tool to replace our what-if thoughts. When our minds feel as though they are racing, we may think we can have many thoughts at once, but it has been proven that we can only have one thought at a time.

In Romans 12:2 we are told “Do not be conformed to this world, but be transformed by the renewal of your mind.” This means gradually changing our thoughts. Many notice a feeling of more peace as a result of taking the time to develop the habit of noticing their thoughts and switching the

negative, fearful thoughts for more Godly thoughts.

Prayer is critical as we take the challenge to begin to renew our minds, as it is in every area of our lives. The Lord tells us to “seek first the kingdom.” It is always an excellent idea to pray and ask the Lord for help with any new challenge upon that which we are embarking. Our great Waymaker will make a way even if we believe there is no way.

Once we realize that the control we believe we have over our lives is only a perception, and we are willing to make the choice to surrender ourselves to take the steps to building our relationship with God, we will begin to notice our anxiety and fears will no longer hold us captive. God will see our intentions and bless us with a peace and joy that only He can give.

My downloadable course is filled with proven steps that will lead you to begin a relationship with the Lord or take your relationship with the Lord to higher and higher levels. Keep in mind, even baby steps in the right directions will get you to your destination and change your life for the better.