

# Four Alternatives to Worry

Stacey S. Padrick – Discipleship Journal – July/August 2000



**M**emorize verses on anxiety and God's character. Write them on file cards or the back of business cards, and carry them in your purse, pocket, day timer, or on your dashboard. Any time you are in line (queue), in traffic, at a stoplight, or in a waiting room, review the verses slowly and meditatively.

**Stop!** Whenever your mind and body start racing, take five long, deep breaths. As you inhale slowly, say to yourself, "Today, come what may, I will remain in God's peace," or, "I do not worry about anything. I trust in God in everything," or, "The Spirit of peace controls me." Make time each morning or during an afternoon break to meditate on peace.

**Laugh!** Nehemiah wrote, "The joy of the LORD is your strength" (Nehemiah, 8: 10). Joy and laughter will boost your strength. Find something to laugh about each day. Look for it! We may assume we can't laugh until our problems are solved. On the contrary, laughter is a wonderful antidote to worry. It has been proved to relieve stress. Read

something humorous. Create a "Laughter and Encouragement File" in which you save funny cards or e-mails from friends, classic cartoons, life-giving quotes, or anything that helps you gain a freer and fresher perspective.

## **Also, hang out with non-worriers.**

When we spend time with people who are easygoing and like to laugh, it makes it difficult to remain fixed on our worries. I have learned a lot about lightening up from my friends who help me not to take myself-or life-quite so seriously.

**Practice Praise.** As we pour our energies into praising the God who created the mountains — and who can move them with a word — we will begin to see our worries shrink from their mountainous size. Play some worship music and sing along. Take a walk, and praise Him for the radiant flowers He adorns with glory, the delicate hummingbird He cares for, and His promise that you are far more important to Him than they are (Matthew 6:26-30).