

Derailing the Worry Train

Then Getting Off to Walk By Faith

Practical Steps

1. **Realize** anxiety (racing mind, tense muscles) Take a break to **slow it down** (step back, deep breath)
2. Stop to confess your **heart** to God, such as... *(see "Confessions of Thoughtful Worrier")*
 - a. Unbelief, mistrust, or forgetting God. ("If I let go or give it to God, will it turn out alright?")
 - b. Lifestyle of self-focus (my own world, revolving around me).
 - c. Desire for me to be in control (of things God has not given me control of).
 - d. Improper top-priority focus on emotions ("the problem is my unpleasant feelings, not their cause.")
3. Stop to confess your **actions** to God...
 - a. Tell God about the details of the worry ("God, I'm worrying about _____").
 - b. Instead of trying to take control (by manipulating the circumstances, etc.)-- which is taking God's role -- make requests to God (the One who is in control) about each worry.
 - c. Embrace each personal inadequacy as reality (belief in self-adequacy = pride).
4. Refocus. **Intentionally redirect** your mind... *(Isaiah 26:3: the steadfast mind is peaceful)*
 - a. On God Himself (Col. 3:1-2, "Set your hearts on things above, set your minds on things above" NIV)
 - b. On His strength, provision, and promises (Psalm 94:19 "When my anxious thoughts multiply within me, Your consolations delight my soul" NASB).
 - c. On what He wants you to do now (your obedience, often something God- and others-oriented).
5. **Accountability:** Tell someone when you are worried/anxious. This brings...
 - a. *More prayer, intentional prayer* (someone to pray with you in specific ways)
 - b. A type of team-coaching to make the mental choices a habit (training). You are not just letting it go on or go by, but actually responding to the worry (together).
 - c. Humility.
 - d. Reflection/objectivity for when molehills look like mountains.

Lifestyle

1. Prayer & time in **the Word**, especially focused on God's promises.
 - a. Scripture memorization.
2. **Try trusting** God for (specific) smaller things (that He has made promises for), in order to grow confidence. Remember God's pleasure in your faith and in your outward steps of faith. Then trust Him again for the same thing, seeking to make this a continual trust. Keep a list of promises He fulfilled and specifically how He fulfilled it.
3. **Watch**, and interact with, others who are walking by faith in God through specific valleys of life (through biographies, relationships, and testimonies).

Responses that Are Unhealthy If They Become Habits

- Techniques to **distract myself** & my thoughts. Putting myself in a new location, changing activities, or using people only for comfort. Used as an escape, for self-oriented reasons.
- **Removing** anything that causes worry. Running. Avoiding any worrisome thing in life.