



ABOUT THE BOOK

A normal adult in this world today worries and is anxious. People are worried and anxious about what seems to be trouble to them, and even what does not.

As anxiety and worry has become the order of the day, even among Christians, this book is written to help people in overcoming worry and anxiety. In the book, the author defined anxiety and the signs that portray an anxious person. Furthermore, he explained how to deal with anxiety. The author also described worry, its effects and how to deal with it.

Do you want to stop being anxious and worried, about tomorrow, and the issues of life? This is the right book for you.



ABOUT THE AUTHOR

Ife Adetona is an anointed preacher of the gospel. He is the President of the Sons and Daughters of Zion [SADOZ] Global Harvest Ministries. SADOZ is an interdenominational and discipleship ministry which has seen thousands of people baptized in the Holy Ghost with the evidence of speaking in tongues and helped people develop a friend to friend relationship with the Person of the Holy Spirit. SADOZ's daily discipleship and devotional manual called Daily Communion reaches and blesses tens of thousands of people daily to the glory of God.

The author is also the president of the Koinonia Bible Institute [KBI], an online training academy of SADOZ which offers over twenty (25) courses that cut across all facets of life. Some of the courses/schools are: School of Ministry, School of Purpose, School of Leadership, School of Business, School of Prayer, School of Deliverance, School of Healing, Masterclass on Sex Education, Masterclass on Courtship, School of Mental Health, School of Sex for the married and more.

Ife Adetona is an author of over 60 books that is imparting the body of Christ maximally. He is the husband of Elizabeth Ife-Adetona and their home is blessed with godly seeds.

Overcoming Anxiety and Worry

Copyright ©2022 by Adetona Ife Damola

ISBN- 978-978-966-592-1

Published in Nigeria by:

FOUNTAIN PUBLISHERS AND MEDIA

All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means- electronic, mechanical, photocopying, recording, scanning or otherwise without the prior written permission of the publisher with the exception of brief excerpts in magazines, articles, reviews, etc.

Published in August, 2022

For further information or permission, contact:

sadozinternational@gmail.com

Facebook: @Sons and Daughters of Zion

YouTube: SADOZ International

Telegram: t.me/sadozite

WhatsApp/call: +2347060916344, +2347032063929

Unless otherwise indicated, all Scriptural quotations in this book are from the King James Version of the Bible.

CONTENTS

Chapter 1

THE CONCEPT OF ANXIETY	-	-	-	6
-------------------------------	---	---	---	----------

Chapter 2

DEALING WITH ANXIETY	-	-	-	12
-----------------------------	---	---	---	-----------

Chapter 3

MORE TOOLS TO DEAL WITH ANXIETY	-	-	-	22
--	---	---	---	-----------

Chapter 4

SCRIPTURES ON ANXIETY	-	-	-	26
------------------------------	---	---	---	-----------

Chapter 5

VICTORY OVER WORRY	-	-	-	30
---------------------------	---	---	---	-----------

Chapter 6

EFFECTS OF WORRY	-	-	-	36
-------------------------	---	---	---	-----------

Chapter 7

SCRIPTURAL PASSAGES ON WORRY	-	-	-	43
-------------------------------------	---	---	---	-----------

Chapter

DEALING WITH WORRY	-	-	-	48
---------------------------	---	---	---	-----------

END NOTE	-	-	-	55
-----------------	---	---	---	-----------

Section A: Anxiety

CHAPTER ONE

THE CONCEPT OF ANXIETY

The way you think is the way you feel

The first thing I need you to understand is that ***those who are anxious are always anxious***. Even if they have a breakthrough over an issue, they will have problems with another. In the same vein, those that worry always worry.

Anxiety and worry are cuts of the same root. Anyone who has issue with one is likely to have issues with all. There will always be expectations or needs as long as you are alive. Your ability to travel through life without getting shaken or tensed is what makes you stay emotionally healthy. That's why I always say that you have to overcome these things once and for all. You have to deal with worry and anxiety once and for all. So that whatever you come across in life, you can handle it well.

The earth is scientifically confirmed to be spherical in shape and so are the challenges of life. They go around and come around as we also keep going in circle. The moment you arrived on earth, you came crying. If you didn't cry, you won't be reading this book today. They will have to apply some force just so that you can just give that initial cry. As you grow, you

would be faced with the challenge to walk as a child. As soon as you started walking, you are sent forth to school. You are faced with the challenge of studying and passing exams. After secondary school education, you join the race for university admission. The challenge of school fees and university exams comes in. You are concerned about your security and safety as you move around in vehicles or live in hostile environment like some northern states in Nigeria that are plagued with terrorism attacks from Islamic extremists, jihadists and bandits.

After you graduated, you face the challenge of getting a job and of getting married. Then, you start making babies. You look after them to grow and begin school. You are concerned that they do well in school. You are concerned about your children's security as well. As they go through life, your mind is always on them. You run around for their school fees as you struggle with work life. You want them to graduate, get a job and marry a good wife. By the time you look at yourself, you have become an old man or woman. You are now faced with old age illnesses and loneliness. At this point, you are wondering what will become of your family and properties after you have died.

As you can see, from birth till death, as far as you keep growing, challenges are there all the way. You can't enjoy living or be emotionally healthy if you don't gain mastery over worry and anxiety once and for all.

As we start by examining these subjects, you will find out that they are interwoven. Some solutions suggested for one can work for others.

Defining Anxiety

Anxiety is defined *as an unpleasant state of mental illness, uneasiness, nervousness, apprehension, obsession, or concern about some uncertain events*. If you look at this definition, you will realize that when your mind is not in good shape, it is a mental issue!

The American Psychological Association, APA defines anxiety as an *emotion that is characterized by feelings of tension, worried thoughts, and physical changes*.

Often, being anxious leads to physical reactions and changes, including illness.

SIGNS THAT YOU HAVE ISSUES WITH ANXIETY

As I take you through the signs of anxiety, you will find out that almost everyone has a bit of anxiety but some have mastered it better than some. And it is extreme in some people.

1. If you worry a lot.

You are anxious if you are always disturbed or jumpy about something. There is always a matter on your mind. Even when there seems to be none, you are disturbed that there is no issue troubling you.

2. If you are fearful.

Anxiety is a brother of worry and a cousin of fear. The trio works and walks together. You can get my book: *Overcoming Fear and Guilt* for insight into the subject of fear.

3. If your heart pants uncontrollably even when it is unintended.

You don't want your heart to pant or beat uncontrollably but it just gets on the loose and you are fighting to calm yourself. This could also be when you're expectant of a result or an answer over an issue and you can't just be calm while expecting it.

4. If you get scared as a result of a sudden sound.

If 5 of us are in a room and there's an unexpected sound, the way we all would react would be different. While some would be seated calmly or only move slightly, some would have already flown out of the door. I know someone that even when she's sleeping and she suddenly hears an unfamiliar sound, she is already out of the bed before even knowing what was going on. This was because she indulges in fearful thoughts and has imagined a lot of evil thoughts. Anyone who panics and reacts in a strange way to sounds has been keeping fearful thoughts hence they react to what they have been harbouring all day long.

It is said that when you imagine a thing or an action, it is the same muscles that would be involved as when you carry out the action. That means, to your body system, imagination and action are the same. Those who indulge in fearful thoughts are always anxious and afraid. The fear is already real in their mind hence, when the sound comes, their mind quickly connects it to their thoughts and they spring into a reflex action by acting extremely.

5. If you are overly concerned about a thing.

If you are tensed and disturbed over every little thing, it is a sign of anxiety. When you quarrel with someone and you can't get over it and this happens frequently, then you may have an issue with anxiety and need to address it.

6. When your bed is soaked with thoughts over an issue.

You are anxious if you always go to bed brooding over an issue. You always have a different issue to think about each time you go to bed. This even affects your sleep.

7. You lose focus

Once an issue pops up, you lose your focus and can't get to concentrate on another thing but only the thought of that issue.

8. When you have an issue with Post Traumatic Stress Disorder (PTSD).

For instance, if you've had an accident before and then anytime you want to board a vehicle, the fear of the previous experience overwhelms you. PTSD is a common mental condition which affects quite a number of people at one point or the other but some people seem to have PTSD over almost everything. In some other cases, they may be unable to let go over a major issue which any other person would have overcome. I know someone who never drives again because he had an accident once when he started learning how to drive. I heard of another person that doesn't fly airplanes because of fear of air crash.

9. When you are also full of doubts.

You are always wondering if a thing will work out or not. You always think about the negative side of an event happening. You can't even travel without the thought of if you will arrive safely or not. This gets you into a state of panic and that's a huge pointer to anxiety.

10. When a particular issue is a source of regular anxiety. It could be finances, health challenges, family issues, or marital issues. Every day of your life, that particular area or areas of your life which seems unsolved keeps cropping up and weighing you down. You have to know that there are issues that are long term and there are those that are short-term. However, you do not allow them to weigh you down whether they are long-term or short-term. They are there already but you don't have to allow them to dictate your course in life.

CHAPTER TWO

DEALING WITH ANXIETY

Your mind is like a child. It can be tricked. It can also be taught and schooled on how to behave.

By now you must have identified if you have an issue with anxiety. You must have also discovered the severity of anxiety and the hold it has in your over you. In this section, I want to show you how to precisely deal with anxiety.

1. Control your mind like a dog.

Your mind is like a child. It can be tricked. It can also be taught and schooled on how to behave. If you let it loose without consciously schooling it, the waves of life will toss it in every direction. The moment you watch a movie and you started crying because the hero died is enough to convince you that your mind can be tricked. You knew that the hero didn't die for real but there you are crying or sober. That's your mind which just got tricked. If a movie can trick your mind then, you can learn to school your mind to do your bidding.

I recently watched a movie and I got so emotional to the extent of almost shedding tears. I had to keep telling my mind that it was just a movie. My wife was also watching the same movie but her reaction was different. She wasn't getting emotional like me, she was rather evasive. As a student of psychology, I knew that the way we react to issues is different and not that these issues do not get to us at all. While I was telling my

mind not to get too emotional, my wife was distracting her mind from getting emotional by focusing on some other aspects of the movie.

I watched a documentary on dogs and saw how these dogs were being trained. Some even used sign language to communicate with the dogs. In like manner, you can train your mind on what to respond to and how to respond to it. You can be in charge of your mind. To control your mind, you have to start with your thoughts. ***The way you think is the way you feel.*** So when you control your thoughts, you can determine how you handle issues of life and even life itself. Your thought life is your lifestyle. That's why the Bible says we should renew our mind by changing the way we think. Constant positive thinking will prepare your mind for an appropriate impulse response.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is. Romans 12:2 NLT.

2. Learn to tell your mind to wait and see.

In some situations, you have to tell your mind to be patient. Say to your mind that: *“even if you will panic, wait first and let the result come first”*. For example, if you learnt a gift is on its way to you through a dispatch rider and then you start panicking and wondering what could be in the package. You get so worried that it disrupts a lot of things. That is a not so good state to be in. So, keep telling your mind to wait.

Let your mind be at rest. The gift will come and you will open it to see what it entails. Let it come before you disturb yourself. There is an adage in the Yoruba language that says *the person they are bringing a bride for does not stick his neck out the window*. The bride is his and he will see her to his heart content in a matter of a short time. Instead of running your mind through what it could be, tell it to just wait. You have to say this audibly. If you are in a public place, say it audibly under your breath. It may appear nasty at first but it works. Your mind gradually gets controlled.

3. Delay it intentionally

Learn to delay your mind. This is also used for dog training. The trainer holds the food as bait and gets the dog to do his bidding because he who carries the plate controls the whole game. In the documentary I watched, the trainer was telling the dog what to do while still holding the plate and the dog cooperated. You have a package and you are anxious to know what it contains. But you can place the package down and tell your mind you're not opening it till after the next 30 minutes. Your mind will have no other choice but to be patient. If a message comes into your phone while you're expecting a credit alert, give it a 3 minutes break before opening it. You shouldn't panic on any grounds at all. You have to be intentional about training your mind. When you train it in these things, it will cooperate with you the day you need it.

If you are faced with an issue that you need to pay full attention to, your mind will be ready for you then because you both have gone through a series of training and retraining.

4. Train with sounds.

If you have a panic attack with sounds, you have to train ahead. I know of people who do not allow their phones to ring in their house because someone in the house cannot cope with sudden sounds. If a phone rings at night or during a period when everywhere is silent, someone is going to jump up in fear so they try to avoid it at all costs. But then, how long do you deal with that, what if you have a guest or you are even the guest in another territory?

Things do happen unplanned and it is best to prepare for those days ahead. Start training yourself with sounds now. Start from low sounds and as you improve, you increase them. You can even inform someone to call you sporadically so you can get used to it. As you are working on this, you are also working on your thoughts. Fearful thoughts and imagination has a lot to do with how you respond to sound. When we moved into an area, we were told of the rate of robbery attack in the environment. At first, every sound in the midnight woke us until we got used to it. It took my wife some time but it only took me few days. I rely on the Scriptures that say he that dwells in the secret place of the Most High shall abide under the shadow of the Almighty. Instead of thinking of a robbery attack, I think on the scripture and sleep off. Think on these things.

5. Get fresh air to calm your mind.

When an issue that triggers anxiety in you just occurs, walk out and inhale fresh air. At times, you are told to distract yourself to avoid anxiety but in other cases it may be best to do nothing. Don't say anything, don't do anything, just enjoy the atmosphere. Be quiet and give

it time. You can walk out of the house in the evening and let breeze blow on you. You can whine down the windscreen of vehicle at night or evening like you see in movies and allow the fresh air to carry your thoughts away. Enjoy and get lost in the moment. I tell you it works.

6. Always speak to your mind.

I have said this repeatedly. Talk to your mind. Communicate with it. Don't think in communication to your mind but speak to it. Dogs don't understand human language but dog trainers speak to it anyway and it works.

7. Learn to cast all your cares on God.

You must learn how to cast all your cares, worries and anxieties on God. I will speak more on this in a latter page.

8. Make peace.

If you are the type who is uncomfortable when you quarrel with someone, then why quarrel in the first instance? Why do you want to injure yourself and die before your time? Many a time we take these things for granted because we do not check our blood pressure often. These things pile up and become a trouble in the future. Endeavour to make peace when you can. Make peace with God, make peace with men, and make peace with yourself. Truthfully, some people complicate matters no matter how much you try to make peace with them. However, you would have done your part and the Bible justifies you.

Don't start ruminating on what will happen or not, or how you will quarrel or fight the following day. You have to talk to yourself and school

your mind. One thing I always do and would advise you to emulate is to make excuses for others. By the time I've gotten ten or more *maybes* on their behalf, I go to bed contented and free. How can someone be enjoying their life while I am on my bed tossing and losing peace because they had a quarrel or misunderstood me?

9. Forget it.

There are some cases you just have to forget, especially when there is nothing you can do about it. Whatever has happened has happened, forget it! Ditch the '*had I known*' lyrics that is always on your lips. I unlearned those vocabularies such as: '*had I known*', '*I wished I had*' and so on by making a vow to never say it. Regardless of how I feel, I hold my mouth and refused to utter it. When I got carried away and utter it, I retrace my steps.

Another place to practice *forget it* is when you want an issue to wait. For instance, while I was working on this part, I had to take a nap. Just as I was about closing my eyes, I remembered a thing I needed to attend to. It sounded as if I should begin thinking about it but I told myself: wait till I wake. I had a 30-minute nap and by the time I woke, I didn't even remember it. I haven't remembered up till now. I know I would still remember since it is important but it is not urgent or worth that fruitful nap.

10. Cope with it.

There are issues you can't forget, in this case, you cope with it and remove the pains and griefs its memory brings from your heart. It is very

possible to remember a thing or an incident without remembering the pains. If you are unable to do this, ask for divine help.

Also, there are long-term issues and short-term issues. For the short-term issues, you may be able to proffer a solution to it but for the long term and lingering issues, you may have to learn to live with it so it doesn't disturb you at all times. I don't think it is good for your health to cry or complain about the same thing all the time. For instance, if you are staying with people who are not your parents and they are maltreating you, you may have to consider a solution to apply. If you know that excelling in your academics could get you out of there soon then you have to be serious with your academics and put in all required efforts. If you have a spouse who is not responsible, you may have to learn to put up with it and live your life happily while trusting God for a change. If he is abusing you physically, you may consider leaving the marriage.

There was a time I was in the ministry with little or nothing to show for it but I cautioned myself not to drown in that sorrow but to channel all my energy towards developing the work of God in my hands. I know that my liberation is depended on how hard I work and so I gave it all it would take. I didn't bury my head into what will further make me sink into despair.

Yes, miracles do happen and you are expecting one. But between this present moment and the moment your miracle will come, what are you going to be doing? Are you going to sit around moping all day or look at the calendar all year long? If an area of your life is not working, then

another area will work. Therefore, you have to channel your energy into something productive even while you wait. Keep working on the area that is working even while you are still sourcing for solutions to the one not working. This will keep you on your toes and you wouldn't die before the miracle appears. Seek joy elsewhere if a particular aspect is a dead end.

If your admission did not come through or you are yet to have your own child or spouse, don't waste every day of your life feeling bad and sorrowful. Get to invest in your life. Find joy in living and soonest, all those things will come and meet you in a better state. Don't die or become depressed before the miracle comes.

11. Think through, don't try to divert.

In some situations, you have to think through what is getting you anxious. Sit down and weigh your options. Check the pros and cons. Set a plan or solution on the run. While you're waiting for that answer or positive turn, you get involved in another aspect of your life. That way, even if it doesn't work out according to your plan, you will not get stranded or useless.

I once got a NO for an answer to a request. Rather than start panicking, I was thinking of how to turn that No into a Yes. I explored the options available and created a timetable for the steps to take. Until I have taken the last step, my mind is not permitted to worry. I also set a timeline, if I didn't get my response by this time, I'll forget about it totally. I also have a plan B as the case may require.

12. Divert your attention.

In some scenarios, instead of thinking, you may have to shift your attention to another route. Sometimes, the thought keeps recurring and you just have to look for something else to place your attention on. It could be a hobby, an exercise, or work.

13. Focus your mind on your getaway avenue.

If you've decided to watch a movie to ease off the tension of a particular issue and your mind goes back to that issue during the movie, retrain your mind's focus back on the movie. Return your focus as many times as it strays. Sometimes, you have to sleep it off. Sleeping will put your mind to rest, reset your reasoning, and gives you some measure of calmness. You can indulge in good music and movie for that timeframe.

14. Handle PTSD rightly.

For PTSD issues, you have to keep speaking to yourself. There was a time I was involved in an accident. I was in a public transportation when it happened. The Lord instructed me not to sit in the front of any vehicle but the only space available was in the front. I checked two cabs and it was still the same. I eventually boarded a cab even though I still sat in the front in disobedience. The journey was within the city of Ibadan and before we had moved for some minutes, there was a commotion at the front and the vehicles had to apply brake suddenly. Our vehicle hit another vehicle as the driver was trying to apply his brake. Every other passenger was fine except me. I had to be rushed to the hospital as I had a concussion on my forehead. At that moment, I was just giving praises to God and I refused to dwell on '*Had I known!*' Even though I was disobedient, I was still saved from the onslaught.

Therefore, you have to be grateful and praiseful instead of battling with regret. Much later after I had recovered, I discovered that I find it hard to sit in the front of vehicles. I decided I wasn't going to be sitting in the front of vehicles at all. However, that resolve didn't last long as I soon found myself sitting in front of the vehicle. I get so fearful whenever the car takes a sharp bend or is about to hit something. I realized I can't stay fearful for life so I decided to face the fear headlong. Then I began confessing scriptures. I reminded myself of safety and protection provision in the Bible. Then, I took a step further by seating at the forefront of a vehicle going to Lagos from Ibadan. I took a commercial vehicle and I alighted safely. That killed the fear in me.

Do not let your PTSD experiences define you. Talk to yourself and be courageous enough to face your fear. It may take some time; you will get above it.

15. Get solutions.

Trace the source of your anxiety and get the needed solution where applicable. You may have to keep your distance from someone or even cut off communication totally. Proper diagnosis is key as it is half the cure. It leads you to the right route solution.

CHAPTER THREE

MORE TOOLS TO DEAL WITH ANXIETY

Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength. Charles Spurgeon

Here, we will discuss other tools that you can deploy to handle anxiety generally.

1. Sleep well.

An adult is said to need up to 7hour sleep a day. Even though I don't sleep so much but I am an advocate of good sleep. Good sleep and naps help you achieve more with less time.

2. Exercise.

Regular exercise helps the general mental health. I am not talking of sudden exercises that come only when you are anxious or worried. It should be a habit.

3. Indulge in your hobby.

Your hobby is a good distraction when you are getting anxious over a matter.

4. Have a bath.

Bathing has a way of calming you down. I do this and it works. The other day, I was feeling pains in a part of my body. I went to take my bath for the night as my habit and I discovered that for some moments, my whole body enjoyed a relief.

5. Breathing technique.

Normally, I enjoy breathing in and out. But there is a breathing technique applicable for treating anxiety. You will breathe in and out on a count of 4 for 5 minutes. It works like this: you take a deep breath, count 1-4 then breathe out. Count 1-4 again and breathe out. This controls your heart rate and helps stabilize you.

6. Tackle negative thoughts.

Some things are triggered by our negative thoughts. We think things will go bad, we think the worse will happen and so dwell in negativity. You have to talk aloud and speak positively to yourself. You can't stop a bird from flying but you can stop it from perching on your head. In the same vein, you can't stop negative thoughts from flying around you but you can stop them from creating an abode in you by speaking out loud against them.

7. Don't indulge in sin or any activity that will bring you anxiety.

Some people get anxious after committing a sin with the fear of being caught. Instead of that, avoid the sin totally. Don't get entangled in sin. Don't get involved in a boy and girlfriend relationship. Nothing causes heart palpitation like relationship issues. Now imagine how terrible it would be if it is a wrong relationship. More so, wrong relationships lead to more sin.

Therefore remove sorrow from thy heart, and put away evil from thy flesh: for childhood and youth [are] vanity. Ecclesiastes 11:10

8. Cast out every demon bringing those negative thoughts to you.

Don't just pray over negative thoughts, cast the evil spirits out. If people are around you and you can't make your declarations as loud as you want, just place your palm across your mouth and say your declarations. That way, you have opened your mouth to declare and at the same time, you are not disturbing those around you as your palm will muffle your words. The demons can hear and they will take their leave. Cast away the spirit of anxiety, the spirit of fear, the spirit of negative thoughts or sin as may be applicable to you.

9. Talk to a friend or someone.

Maturity is knowing when you need help and going for it.

10. Work

Working distracts you from thinking or getting anxious. Except you are a very lazy person, this should work for you conveniently. I love to work. If I am happy, I want to work. If I am anxious, I want to work. I don't get sad but even if something is not going as I would love, my resort is work. Do what you love doing and you will be surprised at how fast the anxiety will get shaken off. Also, do what you're used to and not tasks that may bore you. You don't necessarily have to pick up a new habit to shake off anxiety.

WRONG WAYS TO DEAL WITH ANXIETY

1. Binge eating

One of the signs and terrible ways of dealing with anxiety is when you overeat.

2. Oversleeping.

This is another terrible way of dealing with anxiety.

3. When you are unproductive.

People who are dealing with either short-term or lingering anxiety seem to get under productive within that period of time. This is simply loosing on two sides.

Above all, to effectively deal with anxiety, you have to get faith. Faith will give you that cutting-edge victory. It will be of tremendous help to you. It is with faith that we can believe and act rightly. Faith will not just put your heart at rest but will bring the solution to you. The Bible says that whatever that is not of faith is a sin.

CHAPTER FOUR

SCRIPTURES ON ANXIETY

As a way of concluding this subject on anxiety, we shall examine some scriptures on anxiety.

Psalms 34:17

[The righteous] cry, and the LORD heareth, and delivereth them out of all their troubles.

Prayer works.

Proverbs 3:5-7

Trust in the LORD with all thine heart; and lean not unto thine own understanding. {3:6} In all thy ways acknowledge him, and he shall direct thy paths. {3:7} Be not wise in thine own eyes: fear the LORD, and depart from evil.

Submit to God and build your foundation on Him. Have a relationship with Him and He will make your path straight. You won't have any reason to panic or have a negative experience.

Matthew 11:28-30

Come unto me, all [ye] that labour and are heavy laden, and I will give you rest. {11:29} Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. {11:30} For my yoke [is] easy, and my burden is light.

Be a persistent child of God, not one who goes in and out.

Proverbs 12:25

Anxiety in a man's heart weighs it down, but a good (encouraging) word makes it glad.

Look for sound counsel and speak kind words to yourself.

I WANT YOU TO PAY CAREFUL ATTENTION TO THESE TWO SCRIPTURES:

Philippians 4:6-7

Do not be anxious or worried about anything, but in everything (every circumstance and situation) by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours] Philippians 4:6-7 Amplified

1Peter 5:7

“casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully]”.

You have to learn how to cast all your cares, concern and anxiety on Christ once and for all. You cast your cares on Him by explaining what you're going through to Him. At times, He will give you a reply immediately. At other times, He sends you peace and reassurance.

The book of Philippians says He will send His peace that will mount a guard over your heart. This peace is an assurance or a relief. The painful

part is that many people soon lose that peace. Meanwhile, that peace was supposed to translate into a lasting joy and testimony. The Bible says those God keeps in perfect peace are those who have learnt to rely on Him. Note that it doesn't say those who have gotten their answer but those that trust in Him. When you trust, you are at rest and your answer follows.

Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee:] because he trusteth in thee. Isaiah 26:3

Casting my cares on God has always worked for me. I do it all the time. I do it on complex issues. There was a time I was overwhelmed about my schedule for the following day. I was tossing on my bed and almost hissing. Holy Spirit said to me that I haven't pray or cast all on Him. You haven't prayed, you are just anxious. Immediately, I narrated my challenge and asked Him to take over. Peace swept over me and I slept off. The next day, He gave me instructions on how to go about my day and it was very helpful.

While casting your cares on God, be specific while speaking to Him. Don't just say Lord, help me. Highlight those areas you need His help and give thanks over it. It is often His peace first before you get your desired solution. Enjoy that peace and bask in His assurance. Even when the devil brings doubts your way, keep reminding yourself that the Lord is in control. Quote scriptures and declare your victory constantly. Use CDA+.

This prayer of Hezekiah is the most detailed way to cast your cares on God. Take note of his narration and details:

After Hezekiah received the letter and read it, he went up to the LORD's Temple and spread it out before the LORD. And Hezekiah prayed this prayer before the LORD: "O LORD, God of Israel, you are enthroned between the mighty cherubim! You alone are God of all the kingdoms of the earth. You alone created the heavens and the earth. Listen to me, O LORD, and hear! Open your eyes, O LORD, and see! Listen to Sennacherib's words of defiance against the living God. "It is true, LORD, that the kings of Assyria have destroyed all these nations, just as the message says. And they have thrown the gods of these nations into the fire and burned them. But of course the Assyrians could destroy them! They were not gods at all-- only idols of wood and stone shaped by human hands. Now, O LORD our God, rescue us from his power; then all the kingdoms of the earth will know that you alone, O LORD], are God.

Then Isaiah son of Amoz sent this message to Hezekiah: "This is what the LORD], the God of Israel, says: I have heard your prayer about King Sennacherib of Assyria. 2 Kings 19:14-20

PRAYER

Let me start by praying with you using 2 Thessalonians 3:16 (amplified). I want you to say Amen.

Now may the Lord of peace Himself grant you His peace (the peace of His kingdom) at all times and in all ways [under all circumstances and conditions, whatever comes]. The Lord [be] with you.

You are free from anxiety, worry and fear in Jesus Name. I loose you from the demon of high blood pressure in Jesus Name.

Section B: Worry

CHAPTER FIVE

VICTORY OVER WORRY

Whether tomorrow will turn out well or not, it would be fine to just wait for it instead of losing your rest today. Ife Adetona

Since you are on your way out of anxiety then it would be easy to leave worry behind as well. I want you to take a minute to ask yourself: *what is worry?* What does worry mean to you?

1. Worry is when you pray but refuse to rest over the matter. 1 Samuel 1:7.

You had faith over an issue. You have prayed about it and yet, you couldn't rest on it. You couldn't take a break from thinking about it. Looking at the story of Hannah; she was heavily burdened. She went to pray. Her lips were moving but she wasn't audible. It was a deep sorrow. Eli, the high priest came in and prayed for her. He assured her that God has heard and answered. He told her: "peace be unto you" and that was it, she had rest over the matter. Many of us prayed like Hannah and we wanted God to answer us like He did to Hannah but we refused to have rest like Hannah.

Then Eli answered and said, Go in peace: and the God of Israel grant [thee] thy petition that thou hast asked of him. {1:18} And she said, Let

thine handmaid find grace in thy sight. So the woman went her way, and did eat, and her countenance was no more [sad.] 1 Samuel 1:17-18

How many times have you taken an issue to God in prayer, and though there was no man to tell you to be of good cheer or to be at peace like Eli did to Hannah yet, you had peace that floods through your heart by the Holy Spirit assuring you that God has answered your petition but the moment you stepped out of the prayer zone, the breeze of worry takes over you and you couldn't rest? Unlike Hannah who took that peace as an answer, you would rather be so burdened.

And they rose up in the morning early, and worshipped before the LORD, and returned, and came to their house to Ramah: and Elkanah knew Hannah his wife; and the LORD remembered her. {1:20} Wherefore it came to pass, when the time was come about after Hannah had conceived, that she bare a son, and called his name Samuel. 1 Samuel 1:19-20

Every time you pray, you would surely have this peace or relief coming upon you. That peace isn't a consolation.

Do not be anxious or worried about anything, but in everything (every circumstance and situation) by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours] Philippians 4:6-7 Amplified

God does not console you by giving you peace rather He gives you peace as a way of letting you know your prayer has been answered but many of us soon exchange it for worry and like the Bible says, such person's condition become worse than the first time.

...and the last state of that man is worse than the first. Luke 11:26

2. Worry is also when you can't sleep at night over an issue.

The moment you lose your sleep over a situation, just know that you are in worry. Worry is deadly. Worry is not even an option. Receive strength against worry this moment in Jesus Name. When you might have prayed over the issue, had faith, or even experienced peace but they've all become past tense and you couldn't sleep at night or even in the day, that is worry.

3. Worry is when food refuses to go down your gullet.

One of the ways I know that I am burdened is when food refused to go through my mouth. When you suddenly lose appetite and it is not because you are sick then, there is a problem.

A number of people complain to me that they are bothered, sad, and can't even trace the cause. I often advise them to look back and reflect on what went wrong recently. Those who followed that advice often realize that something was bothering them that they had swept off earlier on. They may not be thinking about that issue at the moment but that was where the problem came from.

There are 3 states of the mind which are: the unconscious, subconscious and conscious. Whatever you absolve into your mind consciously gets

stored in your subconscious. It seems you have forgotten about it but after a while, it begins to crop into your consciousness and act out unconsciously. So, when you are sad without any reason noticeable, you need to recall that event that saddened you recently or that is unpalatable around you. When you reflect like that, you will be able to identify it often by a tug in your heart. Worry makes you lose appetite. So the next time you can't find your appetite, reflect and see if you are currently worrying about anything.

4. Worry is when your mind suddenly slips into worry over an issue that you have determined not to fuss about.

This often happen to us especially those of us who have an understanding of the evil worry does. You have prayed over the issue and perhaps received peace on it. You have even concluded never to worry over it but you find yourself slipping into it. That means that you are worried and you're yet to win the war over the act or habit of worry.

Kenneth Hagin once referred to his grandmother as a world champion worrier and he was no different from her. There was a day he was worrying and didn't know when he walked from the church auditorium into the street. I have discovered that many of us that get worried have parents who worry a lot. It seems to be hereditary or something we are cultured into just as the Israelites got used to worry in Egypt. If you worry a lot, you must have grown up in an environment where everyone complains and lament over the slightest inconvenience.

I have breakthrough from worry and anxiety many years ago when I was expecting an admission list. I just lost a job opportunity and missed out

on an admission exercise. I was getting anxious and worried over the next admission list when I had my victory over worry and anxiety. Since that time, I've been experiencing a heart full of serenity and peace.

Today, nothing bothers me. If you see those close to me, ask them. I don't pretend or try to hold up. My wife knows that nothing alarms me. The first thing you will hear from me is thanksgiving. I don't stress myself against tomorrow. **Whether tomorrow will turn out well or not, it would be fine to just wait for it instead of losing your rest today.** As I go on in life, I added another philosophy: not to get sad over what I cannot change, rather, I should look forward. So, even if tomorrow comes and it's not favourable, I wouldn't be sad, I would just think of a way forward. Soonest, **I realized that not getting anxious and worried is one cheap way to get quick answer.** Ever since, I have not had a pitiable outcome over any issue of life. I have not had any unanswered prayer.

The kind of ministry we operate is full of challenges but with God on our side, I've been faring quite well. The challenges have been potential breakthroughs so we had recorded many breakthroughs as well. You are strengthened this moment in Jesus Name. We had been through several challenges and uncertainties in the ministry and in my personal life. I stay unmoved to the glory of God and all things always fall in its place.

5. Worry is when you pace around a corner as a result of an issue. Just like Kenneth Hagin who walked into the street from the church auditorium unknowingly. This means worry is so strong that it can make

a man stand up and walk aimlessly. It can compel a man to just roam about without any definite destination in mind.

6. Worry is when you drop tears over an issue.

I have decided that I'm not going to allow the devil to get any tears from my eyes. Worry occurs when you think so much about an issue that tears roll down your face uncontrollably. I don't like to see tears and I told God I don't want to ever come to a point that the devil will get tears from my eyes and God has helped me thus far. He can and will help you too. Receive help in Jesus Name. **Tears is the consolation prize the devil gets for tormenting you, deny him!**

7. Worry is when your heart pants over an issue. This is when you are so apprehensive and carried away.

CHAPTER SIX

EFFECTS OF WORRY

***Tears is the consolation prize the devil gets for tormenting you,
deny him! Ife Adetona***

When you are told not to worry over an issue, how does it sound in your ears? I think it sounds to some people like: *don't feel like a human being*. Or *don't feel normal*. To me, it sounds like: don't elongate the matter. In this section, let's see some effects of worry on man.

1. Worry leaves you with the wrong choice.

It makes you put your mind so much on the issue and deny God the right of way. If you are in an examination hall and you're asked the capital city of Nigeria with the following options: *a. Abuja. b. Paris*. You are sure Abuja is the right answer yet you went ahead and picked Paris. In the same way, **you have two options for every condition which is to either worry or not.**

Choosing to worry is not the answer to your problems. Many think they're moving the heart of God when they drop tears in prayer but that is so untrue. God is not a man and is not moved by your tears. He is only moved by your faith. No matter how long you stand before a door, banging the door, shouting the proof of your ownership of the house, won't make it open until you insert the right key.

Often when we pray, we are not actually speaking to God. This is the truth many people out there need to know. Most times when you pray, you are not addressing God but rather powers, principalities, and the

devil. These are the forces you need to address and you do not address them with tears. If you do, they will discover just how weak you are and only mock you.

Someone says: *why pray when you can worry*, then another says: *why worry when you can pray*. The ball is now in your court, choose one! There is no time to be on the fence, you have to go with one. Hannah resolved not to cry anymore but to pray. When Prophet Eli asked her to go in peace, she accepted it wholeheartedly and wasn't doubting whether to go or not. She was ready for her baby because she had received the baby the moment she had peace from her prayers and did not look at her body or present predicament. The Bible says that she ate her food and her countenance was no longer sad. I am sure that by the time she started eating heartily, her husband and co-wife would be wondering if the priest had given her a child. Indeed, the priest had given her a child; the priest said to her- *go in peace, she took that for a new born*.

2. Worry distracts you from praying.

Have you ever realized that you were so caught up with worrying about an issue that you totally forgot to pray about it? Sometimes you think you have prayed when you haven't. You may also slip back into worry even while praying. Hence, avoid worrying as much as you can.

3. Worry unanswers your prayers.

Worry cancels your prayers. There is a sin God hates so much. He hates it almost more than fornication (even though they are not in the same class). I've seen people who were prevented from receiving the baptism of the Holy Spirit because they worried; some have been prevented from

receiving the Holy Ghost Baptism because of anxiety. I've seen new converts who have just been rescued from one bad lifestyle or the other such as drunkenness, womanizing and so on and had received Holy Ghost Baptism while those who have been in the household of faith for decades and keep away from such things but are still battling with worry and anxiety and cannot receive it. If God wouldn't give you the Holy Spirit because worry is found in your heart, then do you think He will give you any other thing?

God hates worry so much. But it's not just about God hating it because in the spirit realm, worry stands as an insulator. Worry unanswers prayers. For emphasis; having prayed, if you slip back into worry you won't get any answer to your prayer request. That is how many people shift their answers forward and prolong the issue. The most pathetic part of it is that they blame God for not answering them on time.

4. Worry makes you sorrowful and heavy-hearted

Heaviness in the heart of man maketh it stoop: but a good word maketh it glad. Proverbs 12:25

To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness. Isaiah 61:3

Worry is a weight. It weighs down. *NLT says worry weighs a person down- Proverbs 12:25.* Isaiah explains that worry is a demonic and evil spirit. If an individual worry so much, such a person needs deliverance from the spirit of worry. The good news is that you can deliver yourself

from that bondage right now. Just say this prayer: *I cast out every spirit of worry that is in me right now in Jesus Name.* That's it! You're free and done with worry. Do well to not worry if the short prayer you just made has been answered or not.

The Lord has schooled me in this area of worry and anxiety. I've seen someone getting possessed by a demon all because she was given to worry. The demon literally said that he was passing by, found her worrying and then, he joined in to help her the more. You have to cast out that demon of worry so it doesn't help you to worry the more.

5. Worry makes you helpless

When you worry so much, you feel helpless and hopeless. You get to a state where you feel no man can help you. You feel God cannot step into the situation as well and this renders you helpless.

6. Worry makes you absolute with the situation

If you're looking for a particular thing that is proving hard to get, worry makes you think every other area of your life is difficult. Worry makes you generalize and you get absolute with every aspect. This is a bad disease. Worry grips your heart so much that you blurt out: *I am just useless, I am cursed. It doesn't work for me since my childhood.* Worry will make you come down with various conspiracy theories of how it has never been well with you or why things always go the wrong direction when it is your turn. Worry makes you ungrateful. Is it really true everything has been going on a downhill in your life? Is it true you have been so unfortunate all your days?

Most times, when people discuss with me and they get absolute with their situations, I ask them how they grew up. Why were they able to scale through all the phases of growing up if things were really not working in their favour? The advice I do give is to disintegrate the situations. If three unpalatable things are happening to you at the same time for instance, dissolve them and analyze them one by one. The devil is so good at making these seemingly enormous issues pop up in your mind. You would have to disappoint him and take charge of your mind.

For instance, you are sick, your school fee is due and your parents just lost their jobs. There is no need to fret or worry. All you have to do is partition it and seek a solution for each segment. For your sickness, pray and claim your healing. Take treatments if you believe in it. For your school fees, pray the prayer of commitment and place all into God's care.

If there are people you can reach out to, reach out to them. If you have done that already, trust in God. For your parents' loss of income, pray for them. Address it separately. They do not have the same root so, take care of them individually. When you assume all these issues have the same trail and you generalize, you won't get out of it. The reason your parents lost their jobs is not why you fall sick. The sickness is not responsible for your result because you were actually healthy when you wrote the exam. No calamity shall befall you in Jesus Name. I cited these examples so you can know how to sort issues when they seem to overwhelm you.

Analyze each aspect and provide a biblical solution to it. Anytime the suggestion of generalization comes to your mind, know that the devil

your adversary does not sleep but is rather looking for ways to bring you down. The moment you start generalizing, you start slipping.

8. Worry makes you magnify the problem

Instead of you magnifying God, worry makes you magnify the situation. Now, take one of your fingers and close one of your eyes. Put the finger very close to the other eye and you will realize that the single finger will block you from seeing a lot of other things but the moment you remove that finger from your eyes, you will see that you can see those things around you. In the same way, when you bring a problem too close to your heart, you magnify it and it doesn't make you see God. However, the moment you withdraw it, you see God.

9. Worry makes you lose faith

When you worry about an issue or situation, you lose faith over that issue or situation. You forfeit your confidence in God and rather dwell on doubts which will get you nowhere.

10. Worry makes you weep

Worry strangles the joy in you. It smothers every atom of happiness in you and makes you settle in an unhappy state perpetually.

11. Worry makes you lose your appetite

I love to eat my food with joy. I tell people if it is Garri you are eating, eat it with joy. Don't let tears mix with the water in the garri. While I was a bachelor, even if I do not have any assurance of where the next meal will come from, I take my current meal with joy.

12. Worry makes you lose your sleep

I love my sleep. One of the reasons I work hard is because I will get a sound sleep. Have you ever slept and felt it was just for 5 minutes whereas it lasted for 6 hours? You went to bed so tired and by the time you woke up, it was already 5 am. It seems as if you went to bed a minute ago. However, you also feel refreshed ahead of the day's activity. I love this feeling so much. I love to sleep tired and wake up strong. I do not allow any worry to steal my sleep. I'll rather tell myself: let's talk about it the next morning.

CHAPTER SEVEN

SCRIPTURAL PASSAGES ON WORRY

Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? {6:26} Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? {6:27} Which of you by taking thought can add one cubit unto his stature? {6:28} And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: {6:29} And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. {6:30} Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, [shall he] not much more [clothe] you, O ye of little faith? {6:31} Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? {6:32} (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. {6:33} But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. {6:34} Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day [is] the evil thereof.

Mathew 6:25-34

Most times we worry about what will happen tomorrow. We are so concerned about what will happen the next minute that we fail to fully live out the present minute. You do not own life; or can you by worry make a solution out of the situation? I often ask myself if what I'm embarking on will work out in a particular way. If it's not going to work

out, I'm not going to stress myself or get myself worried because it's not going to work. How will you intend on journeying to Lagos and you will face Ilorin? It's not going to work out as you won't reach your destination.

Worry is not going to get it done. Worry will not solve it; it will not relieve you of the pain. Worry is not the way forward. The reason why what you feared will happen happened was that you worried about it. Do not worry about *what will?* Live in the moment and focus on now. Tomorrow will take care of itself by God's grace. Do not worry about tomorrow. Take your heart away from it. Rather than worrying about the future, think about the precious gift God has given you - the gift of life. If He can give you the gift of life, then he can give you the clothes and the food needed to sustain it. If He can make you see tomorrow, then He can do something about it.

The Lord asked me to say this to someone specifically. You do not have a solution to everything. There are some things you may not be able to help at some point in time. Take for instance, when you don't have a car, you don't get yourself worried, you don't miss it. These are things that don't kill you; they don't make you less so you should not miss them if you don't have them.

While growing up as a young minister, there were lots of people that I needed to check on and I became worried over the years about the lack of funds. I couldn't find enough airtime to check on everyone. When I started complaining and feeling bad, I was expecting to get some consolation from God. Rather, God told me to do His work with what is

available and stop disturbing myself or complain to His hearing. I initially thought I needed up to ₦1,000 airtime to be able to reach everyone but God told me No! He went further to expound to me how better to handle the situation: I should beep whoever I couldn't call and if I couldn't beep, I should send a *Call me back* prompt. He simply instructed me to do His work with the resources provided. He went further to berate me that the reason I was feeling bad that I couldn't make calls was because I felt my ego is being bruised. That was true. I couldn't bring myself into beeping or sending "call me backs" which is a free option from the network providers.

There were times I didn't have anything in my room, the furnishings there were *borrowed*. I was staying in an official lodge and the furniture there belonged to a past occupant who was coming to take them to where he was. When he informed me that he was coming to cart them away soonest, I was unruffled. I didn't have any other thing in place but I'm not going to get myself worked up over it or lose sleep over it. They are mere items not life threatening. By the time he eventually came to take his belongings, God had done it and I've furnished the house with all I needed.

When it comes to material possessions or things you can't help, avoid worrying about them. When you feel you should have attained a certain level or you are supposed to have certain things, worry is not what you should resort to. A man said that "*if I don't have a thing, it means I don't need it*". Because your heavenly father knows the things you need. V32; *For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.*

Proverbs 3:5-6

Trust in the LORD with all thine heart; and lean not unto thine own understanding. {3:6} In all thy ways acknowledge him, and he shall direct thy paths. {3:7} Be not wise in thine own eyes: fear the LORD, and depart from evil.

Don't worry about the promotional exercise, examination, project, and what have you. Rather submit it to Him, commit it to His hands and He will make your path straight and He will prosper your plans.

Luke 12:24-34

Consider the ravens: for they neither sow nor reap; which neither have storehouse nor barn; and God feedeth them: how much more are ye better than the fowls? {12:25} And which of you with taking thought can add to his stature one cubit? {12:26} If ye then be not able to do that thing which is least, why take ye thought for the rest? {12:27} Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these. {12:28} If then God so clothe the grass, which is to day in the field, and to morrow is cast into the oven; how much more [will he clothe] you, O ye of little faith? {12:29} And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind. {12:30} For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things. {12:31} But rather seek ye the kingdom of God; and all these things shall be added unto you. {12:32} Fear not, little flock; for it is your Father's good pleasure to give you the kingdom. {12:33} Sell that ye have, and give alms; provide yourselves bags which wax not old, a treasure in the heavens that faileth not, where no thief approacheth, neither moth

corrupteth. {12:34} For where your treasure is, there will your heart be also.

Since you cannot do little things, why do you worry about the rest? I was discussing with someone some time ago and she said “*let's trust God for one*” but I cautioned her that we should trust God for everything. For instance, if you are sick and the devil tells you *let this just relieve you a bit*. Why do you want to ask for a bit when God can do everything? If you cannot add a single hour to your life, then why worry about inconsequential things? Worrying shows you have little faith.

Mathew 11:28-30

Come unto me, all [ye] that labour and are heavy laden, and I will give you rest. {11:29} Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. {11:30} For my yoke [is] easy, and my burden is light

Psalms 56:3 NLT

But when I am afraid, I put my trust in you

When I'm supposed to get worried, I just turn to God and put my trust in Him. I reassure myself that He can do it. When worry comes to you over an issue, sit down and address it.

CHAPTER EIGHT

DEALING WITH WORRY

You have two options for every condition which is to either worry or not. Ife Adetona

Here, we are going to examine active steps to take to deal with worry once and for all. Like I said earlier, those that worry always worry. It is not actually about the situation; it is about you. Once you learn how to deal with worry then regardless of the situation, you can stay on top of it.

1. Be in faith

One thing you have to note is that when you are in faith, nothing will worry you or disturb you.

Now faith is the substance of things hoped for, the evidence of things not seen. Hebrews 11:1

When you are in faith, you know you have it already. Let's look at the analogy of a cheque and cash. If I give you a cheque, you are so glad because you know I have given you money. You thank me profusely for the cheque even though you know you can't take the cheque to the market. But you are sure that cheque will translate into money. In the same vein, faith is the substance of things not seen. *It is the cheque of money not seen, the evidence of the money hoped for.* When you have faith in your hand, why would you then worry over an issue when you know it has been answered?

Some people say they are not worried but are rather *concerned*. Whether you are concerned or disturbed, it is all the same.

1 Peter 5:7 says: *“casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].”*

2. When you hope in God, nothing will disturb you.

When you hope in God nothing will disturb you and when you are in faith, nothing will worry you. As touching Abraham, the Bible says that he staggered not at the promise of God through unbelief. When you know God is able to do and you stagger not at His promises, you will be so sure of standing firm in Him.

Romans 4:18 says, *“who against hope believed in hope, that he might become the father of many nations; according to that which was spoken”*. NLT says: *“Even when there was no reason for hope, Abraham kept hoping—believing that he would become the father of many nations. When there was no reason for hope he kept hoping, looking unto God”*.

Abraham had no reason to hope, yet he had hope.

3. Fight the Spirit of worry by rebuking it.

When you realize you're getting so worried, rebuke the spirit of worry disturbing you in Jesus Name. Rebuke the spirit of worry aloud with your mouth and not in your mind. Demons don't hear your thoughts therefore; you have to vocalize them. If there are people around you, make your declaration beneath your breath. Say: *spirit of worry and heavy heartedness, I cast you out this moment in Jesus Name*.

4. If you fall, stand again

I didn't overcome worry suddenly. It was a process. There are certain issues that God really used to strengthen my faith. I could have vowed never to worry again over it but suddenly, I would find myself again already getting worried. What I do is to quickly START ALL OVER. I ask the Lord to forgive me for getting worried and I claim my answer again. Trust me, it won't be convenient to the human nature at first but in little time, you will enjoy the dividend of victory.

The sin a believer can commit against the Holy Ghost is worry. It hinders God and angels from operating in you. Worry gets into your spirit and anything that affects your spirit bridges your communication with the Spirit of God.

5. Fight it with the word.

When you slip back into worry, fight it with the word of God. Reassure yourself. Find out what the word is saying about that situation. Find out what God himself is saying about it. What is God saying about your admission, about your health or about your job? That is the right word to fight with. If you are fighting against worry generally, then find scriptures that address it headlong and quote them. When you are assuring yourself of the word, you have to say it out as well just as when you are casting out the evil spirit.

6. Use CDA+

Confess your victory over that situation that is bringing you into worry; also confess that you are free from worry. **D**eclare that it is done, let people hear you and **A**nnounce that you are a conqueror. The plus+

there is **Imagination**. Visualize that God has answered you. For instance, if you are trusting God for the fruit of the womb, confess that you are fruitful: *I am fruitful because the word says, I should be fruitful and replenish the earth*. Declare it all around and announce it by taking the steps of faith. Imagine yourself that you're already pregnant: *I see myself pregnant. I see myself carrying my twins in my hands*.

You must keep confessing, declaring, announcing and imagining. This is not just an exercise to cheer you up. It is what works and is obtainable in the spiritual realm. You have been worried over it for 2 years and nothing happened, do this for two weeks and watch what is going to happen.

7. Encourage yourself in the Lord.

{30:6} *And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God.*
{30:7} *And David said to Abiathar the priest, Ahimelech's son, I pray thee, bring me hither the ephod. And Abiathar brought thither the ephod to David.* {30:8} *And David enquired at the LORD, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake [them,] and without fail recover [all.]*{30:9} *So David went, he and the six hundred men that [were] with him, and came to the brook Besor, where those that were left behind stayed.* 1 Samuel 30:6-9

At a time, David and his men were robbed and instead of seeking for a solution, David and the men with him wept until they could weep no more. *That was foolishness*. They wasted a lot of time. However, David

later took charge and encouraged himself in the Lord. You have wept a lot over that matter, now is the time to encourage yourself in the Lord. Why weep when you can pray?

I love the fact that the Bible uses the word encourage and not console. When people give you a statement of hope, do not let it be the only thing you are holding on to. A wise man said that *hope is a good waiter but a poor receiver*. You must substantiate your hope with faith. Hope says it will be done, faith says it is done. Faith says: *I have received it while hope says I will receive it*. There is one way I've always encouraged myself in the Lord and that is by meditating on my testimonies. I meditate on other people's testimonies but I meditate often on mine. If God can take the headache away from me, if He can cure me of malaria-typhoid, if He can do so many other things for SADOZ then He can solve that overbearing issue as well.

Once you can overcome worry, you can overcome every other thing in your life.

Let me tell you how I overcame worry and anxiety in full. Sometime back when I was working with the Scripture Union, I wanted to change my job. I intended to apply for a federal government appointment at the University of Ibadan. I was much qualified for the job and those in charge assured me that I should just prepare for the interview. I went home and dusted my materials. I was also applying for full-time education at the University at this time as well. Even when God told me not to leave the ministry and to engage in part-time learning, I went ahead and applied for the job. Unfortunately, I wasn't taken even after

several efforts from the woman in charge who wanted to ensure I had a place. After the whole incident, my friends applied for a Distance Learning Program for me and my name wasn't among the first batch. You could imagine how worried and overwhelmed I would be then. I lost an appointment, a full-time admission, and now the part-time admission God wanted for me wasn't clicking too.

I was so bothered about the situation one night that I fell asleep while brooding on it. Upon waking up the next morning, I was trying to recollect what I was brooding on before I slept. As soon as I remembered that it was the admission issue, my heart jumped. I had to sit down and have some self-reflection. I decided to enjoy today and not allow the worry about the admission tomorrow to spoil my day. That day, I let go of all my worries and enjoyed my day. I enjoyed God as well. I sang and danced to Him and just forgot about sorrow. Lo and behold, my name was on the second batch. I would later discover that the only reason my name wasn't there in the first batch was that I picked the form very late.

So why would you ruin today when you have tomorrow to enjoy? Why would you ruin today for tomorrow that you are uncertain of? Why not enjoy today, give glory to God, and keep your fingers crossed for the events of tomorrow to unfold?

If you don't watch what you absorb in your mind consciously or you bother yourself over an issue for an hour, it can affect your whole day because you will always act it out unconsciously. Instead, turn over to praise.

I once asked God why believers experience bad situations and He replied that things don't go worse for a praiser. This means even if you are in a bad situation, it's not going to go worse for you, even with a deadline staring hard at you. Whenever I have an approaching deadline, I am always happy because I know God will come through for me. As far as I'm seeing the deadline ahead of me, I know my solution has come because God will not allow His beloved to rot in hell (Psalms 16:10). On the first day, it may not look like it likewise the second day, but on the third day, He's going to raise Christ. He's not going to miss that deadline and it won't come crashing on you.

Can you cast out the spirit of worry and heaviness out of you right now.
Call for the spirit of peace and joy right now.
Be filled with joy forevermore in Jesus Name.

END NOTE

I believe that you have been freed from the shackles of anxiety and worry as you read this book. What you have learnt from this book should not be applied once; you should apply it over and over again.

You can check out more books on the index page most especially Defeating Negative Emotions: *Anger management, Guilt, Suicide, Fear & more.*

INDEX

Receiving Salvation

You were born a sinner condemned to hell but Jesus Christ died for your sins, gave you power to sin no more and to enjoy life here on earth and hereafter. All you need to do is to believe and accept His works by declaring Him as your LORD and Saviour. Do you believe this? Say: Lord Jesus Christ, I accept that you died and resurrected for the remission of my sins, I declare you as my LORD and Saviour. Amen.

Steps to Receive the Baptism of the Holy Ghost

1. You are not to ask or beg God for it, just expect it.
2. Believe He has given you and you will manifest it.
3. Don't hate tongues. That some people misuse it doesn't mean it has lost its power.
4. Don't pretend not to need it. Holy Ghost baptism is not just about tongues, it is about empowerment but tongues is the initial sign that you are baptized.
5. Clear your minds of doubts. God will give you but if you think that any sin can hinder you, ask for forgiveness now and now. (Isa 1:18 *Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool*). And forgive everyone in your heart.
6. As I pray for you, you will be baptized and you will speak in new tongues.
7. As I pray for you, the Holy Spirit will give you utterances and you will speak it out. Note that utterance means any sound produced with the mouth. That means the utterance could be one syllable or

two. It could be one word or more. Understand that you are the one that will pronounce the utterance in anyway it comes to your mind as the Holy Spirit gives you utterance.

8. When I pray for you, the utterance would come. Don't think you are the one thinking it, it is not you. Don't think you will be unconscious or lost, it is not so. Don't be bothered if you don't know the meaning just speak it. And keep repeating whatever comes to your mind.
9. Daddy thank you because you are a faithful God, you always hear me and you are eager to give us more than we are eager to ask. I pray for you: receive the Holy Spirit right now in Jesus Name.
10. Open your mouth and began to speak those tongues.

Steps to Receive Healing

1. **1Peter 2:24 says:** *He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness. **By His wounds you have been healed.***
2. You have been healed. You have been healed even before you had that illness, what I'm about to do by praying with you is to proclaim your healing.
3. As I do that, the pains and symptoms will be no more.
4. After I pray for you move that part of your body just as though it was healed already because it is an instant healing.
5. I proclaim you healed and whole right now in Jesus Name. The last time you had that illness is the last you will ever have in Jesus Name.
6. Check it out and share your testimonies.

BOOKS FROM FOUNTAIN PUBLISHERS:

1. Mocking the Devil
2. The Pentecost Volume: Speaking in Tongues
3. The Communion of the Holy Spirit
4. Prayer that Works
5. Roaring Faith
6. Beyond Purpose Discovery
7. CDA: Unlocking the Supernatural
8. Time and Task Management
9. Understanding the Call and the Five Fold Offices
10. Money and Human Management
11. Impartation for the Gift of Prophecy
12. Impartation for the Spiritual Gifts
13. Healing Mantle
14. Healing Power
15. Living Without Drugs
16. Anointed to Heal
17. Ultimate Purpose Finder
18. Discover Your Purpose in 2 minutes
19. You Are Not A Bonus
20. Clarifying Purpose And Ministry
21. Purpose Fulfillment Guidebook
22. Human and Resource Management
23. Christian Leadership
24. Arousing the Leader in You
25. Developing the Leader in You
26. Exceptional Leadership

27. Secrets of Successful Business
28. Understanding Business and Capital Management
29. Tithing Testament
30. Biblical Business Sense
31. What Can I Sell: How Can I Sell
32. Ending Low Sales
33. Winning Customers Always
34. Extraordinary Marketing
35. Selling Fast with Pricing Techniques
36. More Profits With Freebies Marketing
37. Biblical Route to Mental Health
38. Cultivating Healthy Emotions: *Self Esteem, Assertiveness, Coping with Stress, Purpose & more*
39. Defeating Negative Emotions: *Anger management, Guilt, Suicide, Fear & more.*
40. Healing for Depression

CONCEPTS

41. The Office of the Prophet and The Teacher
42. The Office of the Apostle and The Evangelist
43. The Office of the Pastor and The Help Ministry
44. The Revelational Gifts
45. The Utterance Gift
46. The Power Gifts
47. Discerning of Spirits
48. The System of Prayer
49. New Testament Review On Prayer

- 50. Getting All Your Prayers Answered
- 51. Anger Self Control
- 52. Coping with Stress: *Physical, Psychological and Emotional Stress*
- 53. Curing A Depressed Mind
- 54. Dealing with Mental Health Spiritually
- 55. Developing Self Esteem
- 56. Faith Boosters
- 57. Faith Killers: *Worry, Anxiety, Doubt*
- 58. Overcoming Anxiety and Worry
- 59. Overcoming Fear and Guilt
- 60. What Faith Is What Faith Is Not

Books by Elizabeth Ife-Adetona

- 61. You Can't Pay the Price of Missing God's Will
- 62. Breaking the Yoke of Wrong Relationship
- 63. Dream Spouse at your Doorstep
- 64. Proper Relationship Approach
- 65. Finding God's Will
- 66. The Opposite Sex and I

Books by Abegunde Damola Samson

- 67. Fortified Health
- 68. My Bible, My Friend
- 69. Prayer Energia
- 70. Discipleship Mandate

Fountain Series (Mini Books)

- 71. Romantic Romans (Exposition on the book of Romans)

- 72. Ojuju (Dealing with Bad Dreams)
- 73. Immortal Kombat (Understanding Christian Warfare)
- 74. Every Name Named (Unveiling the Power in the Name of Jesus)

KOINONIA BIBLE INSTITUTE- KBI

We offer specialized courses in:

- 1. SOP- School of Prayer
- 2. SOH- School of Healing
- 3. SOD- School of Deliverance
- 4. SOF- School of Faith
- 5. SOM- School of Ministry
- 6. SOPP- School of Purpose
- 7. SOB- School of Business
- 8. SOL- School of Leadership
- 9. SOTP- School of the Prophetic
- 10. SPG- School of Spiritual Grooming
- 11. SFTM- School of Full Time Ministry
- 12. SSG- School of Spiritual Gifts
- 13. SKT- School of Koinonia & Tongues
- 14. SFS- School of Financial Success
- 15. MSE- Masterclass on Sex Education
- 16. MCR- Masterclass on Relationship
- 17. MCC- Masterclass on Courtship
- 18. SOX- School of Sex (for the married)
- 19. MED- Marital School for the Engaged
- 20. MEC- Masterclass on English Communication
- 21. MBM- Masterclass in Business Marketing

22.TOTM- Training the Trainers Against Masturbation, Pornography
etc

23.FSC- Foundation School for Believers and Muslim Converts

24.SMH- School of Mental Health

25.SMC- School of Music

Classes and lectures are held online and it is highly interactive and efficient. Course registration is affordable and we also have free courses as well as scholarship programmes. Contact Peace for details: 09024430243.