

MONDAY

It's impossible!

Are you already worrying that you won't be able to make it through this book? Are you already thinking about whether you have the prayer power needed to overcome worry? Are you already concerned that your worrying might be a bigger issue than you thought? These are legitimate concerns, especially for a worrier. However, if you've read this far, you are exactly where God wants you to be: in a place where you are becoming aware of your worries.

Why would God want you to become aware of your worries? Because your day probably has a lot more worry in it than it has God. That's the trouble with worrying—it clouds up your mind and depresses your spirit. Worrying keeps you from enjoying the freedom that God has promised you—freedom to enjoy your life and the blessings around you. God has promised you a peace that transcends understanding. Can you imagine what your life would be like if all those moments full of worry were full of peace instead?

Have you ever taken time to think about what is worrying you? Children? Finances? Health? Relationships? The state of the world? These are important parts of my life, you may say; I should be worrying about them. Perhaps your list is more superficial, filled with things like your commute to work or your dental appointment next week. *Well, you tell yourself, these are issues I need to be concerned with too. After all, they make up the fabric of my life.* Are some of your worries trivial? A broken fingernail? A phone call? A lost television remote? Regardless of the size of the worry, it doesn't take long to fill up your day.

Does it seem impossible to let all of these things go? “With [mortals] this is impossible, but with God all things are possible” (Matt. 19:26).

It's time for you to take the first step. Prayerfully confess that it's impossible for you to stop worrying, and commit yourself to believing that you can stop worrying — with God's help.