

WORRYING DECREASES HEALTH

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Philippians 4:6

Taking care of your health should be a priority for everyone. Exercising, eating right, staying away from evilness is all part of maintaining great health. However, there is one vital component that affects the impact of your health that is **OVERLOOKED**.

Worrying is something we all have done. Some more than most. Worry is thinking about the same disturbing thought **REPEATEDLY**. Worrying doesn't change anything.

Worrying keeps you stuck in time. Worrying keeps you in the **SAME** head space, living in the **SAME** moment, thinking about what could go wrong and if it will go wrong.

WORRYING STOPS MOVEMENT!

While a person worries, something on the inside of that individual happens. Their health is **DECREASING**.

Worrying steals the time you can see but it also steals the health you can't see.

It has been medically proven that worrying decreases the impact of your immune system. When you experience prolonged stress, the T-cells and white blood cells are suppressed and this will weaken your immune system over time.

Worrying increases stress! Prolonged stress weakens the immune system. Philippians 4:6 says, "*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.*"

The Lord told us to be calm, peaceful and at ease. A lot of your health issues are coming from worrying. When your immune system is compromised your body is open to many diseases. You can stop the deterioration of your body by learning **NOT** to worry.

I know this is easier than done but it is possible. Listed below are ways you can stop yourself from worrying.

1. **ESTABLISH ORDER**: When things are in order worry leaves and peace enters.
2. **INCREASE YOUR UNDERSTANDING**: As your understanding increases, worry decreases. People worry when they are ignorant and unclear to what is happening.
3. **GIVE YOUR PROBLEMS TO GOD**: Your confidence increases when you know God is in control.

4. **HEAR THE VOICE OF THE HOLY SPIRIT:** When the Holy Spirit speaks, faith enters. When faith enters, worry leaves.

Implementing these four ways will **QUICKLY** remove the spirit of worry off of your life. Worrying produces a slow death. It puts stress on your heart, clutters the mind, adds tension to the body and causes sleepless nights. You do not have to live this way. You can choose to live a worry-free life if you implement the four methods listed above.

YOU CANNOT SEE THE AFFECTS OF WORRY IMMEDIATELY. HOWEVER, YOU WILL FEEL THE AFFECTS OF WORRY EVENTUALLY.

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