

## THE DEADLY HABIT CALLED WORRY

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Many believe that worry is a natural way of expressing ones disappointments, failures, frustrations, unpleasant experiences, fears and anxiety. What man cannot understand, he worries about. Problems that man can solve and the one that seems unsolvable, man worries about them all. Worry seems natural because it is a common practice with man and all at one point or the other have worried about someone or something. That it is a common practice does not make it a good habit. Worry is a bad habit. It is an unhealthy thought pattern. It is deadly to the total being of man. Worry, not only affects the relationship of man with his God, but his mind, emotions, will, and physical health. It also affects his relationship with people close to him. Worry is a bad and deadly habit that all who wishes to live a healthy and happy life should fight and overcome with all seriousness.

Many are so used to worrying that they cannot think of themselves living a single day without worrying. Some worry to the point that they don't regard themselves as people who worry. For such, worrying is nothing but normal life, so they never see it as something strange that one needs to take note of. To allow worry to become part and parcel of you is to sign your death warrant without knowing it. Worry shortens the life span of a man. It is the cause of many illnesses and diseases that many battle with today. Migraine, insomnia, rheumatism, arthritis, Parkinson, certain heart diseases, nervous breakdown, depression, insanity, high blood pressure, numbness of certain parts of the body, loss of strength and energy resulting in body weakness and always feeling tired, stomach ulcers etc. are caused by wrong use of the mind which includes worrying, anxiety, fear, hate, envy, and bitterness. When a man worries, he oppresses his mind, and the mind is oppressed, his body suffers in one way or the other. Negative thoughts breaks down the immune system of the body, thereby, making the body to suffer many diseases.

*Prov 15:13*

*13 A happy heart makes the face cheerful, but heartache crushes the spirit.*

*NIV*

*Prov 15:30*

*30 A cheerful look brings joy to the heart, and good news gives health to the bones.*

*NIV*

*Prov 17:22*

*22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.*

*NIV*

*Prov 18:14*

*14 A man's spirit sustains him in sickness, but a crushed spirit who can bear?*

*NIV*

There is a right use of the mind and there is a wrong use of the mind. Creative and resourceful thinking is the right use of the mind, and it does not oppress the mind and the body. When a man is creatively or resourcefully using his mind like the researchers and scientists do, they don't suffer migraine or any other defects except they worry and fear alongside. But when a man worries for a long time, his mind becomes weighed down and this has adverse effect on the body. Worrying over matters is not to your advantage. Worrying never solves any problem or gets anything done. In fact, it obstructs God from performing and doing for us what we pray to him daily to do for us. So, worry is a hindrance and not a helper in resolving problems and moving mountains.

Worry, though a "normal" habit of man is not a good habit. It is so deadly that God's word condemns it and counsels the believer not to worry but to cast all his cares upon the Lord who will in turn take care of it.

*Matt 6:25*

*25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?"*

*NIV*

To worry is to keep thinking about unpleasant things that might happen or about problems that you have. To worry is to make yourself anxious about somebody or something. To worry is to be disturbed about your present situation or challenge. To worry is to be unnecessarily troubled about life experiences, challenge and fears. To worry is to choke or harass yourself over an issue. It is to tear, touch, or disturb yourself repeatedly about a matter of concern to you. To worry is to torment yourself or allow yourself to be tormented by the issues that you focus your mind on. To worry is to afflict yourself with mental distress or agitation. To worry is to cause yourself to persistently think over an issue in a negative and distressful manner.

To worry means to disturb or irritate oneself by persistent acts. Worry implies an incessant goading or attacking that drives one to desperation. To worry is to annoy another - this implies disturbing one's composure or peace of mind by intrusion, interference, or petty attacks on another person. To worry is to harass - this implies petty persecutions or burdensome demands that exhaust one's nervous or mental power.

Some of the physiological symptoms of worry are sweating, increased heart beat, nervousness, headaches, increased body temperature and raised blood pressure. Biting one's lips can be a sign of worry.

Worry refers to negative self-talk that often distracts the mind from focusing on the problem at hand. For example, when students become anxious during a test, they may repeatedly tell themselves they are going to fail, or they can't remember the material or that their teacher will become angry with them. This thinking interferes with focusing on the test as the speech areas of the brain that are needed to complete test questions are being used for worrying.

Worry can also refer to a feeling of concern about someone else's condition. For instance, a mother may say "I'm worried" if her child doesn't show up at home when he was supposed to be there. It can also refer to certain actions or the lack of those kinds of actions. "I'm worried because she is not eating any vegetables".

### **Do not worry about what you don't know or can't see**

*Matt 10:19-20*

*19 But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say, 20 for it will not be you speaking, but the Spirit of your Father speaking through you.*

*NIV*

Worrying about what you don't know or can't see does not make sense, but many people do. It is essential that we all concern ourselves with the things we know and the things we see. Jesus assures us that God will always be there to assist us with all that we need to face the challenge and the challenger. There is no need to worry about what the question will be, what tomorrow will bring, how things will turn out, if you will succeed or fail, or how to answer your critics, enemies or challenge. Face today and wait till you get into tomorrow. Never worry about what you don't know or can't see.

### **Worry changes nothing but leaves you disgusted with life and empty without hope**

*Matt 6:27*

*27 Which of you by taking thought can add one cubit unto his stature?*

*KJV*

Jesus Christ taught us that no one can add to his own height by worrying. Worrying adds nothing to you but subtracts from you, it takes away your confidence and trust, your health and peace. It destroys you rather than help you. God does not answer the one who is worried, but the one who has faith. Worry leaves you without help and without hope. There's no point in worrying over things you can't change. Whatever you cannot change, face and live with it as you surrender yourself to God to help you overcome, but never worry.

### **God will take care of your needs and fight for you when necessary**

*Luke 12:29-31*

*29 And do not set your heart on what you will eat or drink; do not worry about it. 30 For the pagan world runs after all such things, and your Father knows that you need them. 31 But seek his kingdom, and these things will be given to you as well.*

*NIV*

*I*

Be always encouraged by the fact that God will always provide for you and never leave you without help and a helper. Don't worry about what to eat, drink, and wear. Do not worry about your employment and business. God who said that His children who will not work should not eat will definitely provide you with work to do. He that promised to prosper whatever you lay your hand to do will help your business grow and prosper. Do not worry about getting a life partner, for Isaiah 34:16 tells us that not one will be without

a mate. Do not worry about failing or being disappointed. Don't worry about losing your job, business, marriage or health. Learn to live a life of trust, and trust God all the way and be at peace all the time.

### **Worry discourages a man**

*Prov 12:25*

*25 An anxious heart weighs a man down, but a kind word cheers him up.*

*NIV*

When a man worries, he becomes mentally oppressed, as a result he becomes discouraged and without faith and hope. Man needs faith to live successfully with God and man. God will always back a man who is full of faith in Him. Faith motivates while worry discourages. And no one needs discouragement to make it in life.

### **Don't worry when you can pray**

*Phil 4:6*

*6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

*NIV*

Praying to God instead of worrying about a situation is better. Talking to the one who can help you is better than troubling yourself about a challenge. Pray and pray rather than worry and worry. Put your challenge in the hand of the one who can help you and move your mountain than worry about it. When you pray, don't worry about it anymore. If you worry, you will not be answered. Show your trust in God by being calm and peaceful while you wait on God to answer you.

*Ps 55:22*

*22 Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.*

*NIV*

*1 Peter 5:7*

*7 Casting all your care upon him; for he careth for you.*

*KJV*

*Ps 37:7*

*7 Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.*

*NIV*

*Ps 46:10*

*10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

*NIV*

## QUOTES ON WORRY

“Drag your thoughts away from your troubles... by the ears, by the heels, or any other way you can manage it”. - *Mark Twain*

“Today is the tomorrow we worried about yesterday”. - *Author Unknown*

“Blessed is the person who is too busy to worry in the daytime and too sleepy to worry at night”. - *Author Unknown*

“Do not be afraid of tomorrow; for God is already there”. - *Author Unknown*

“Real difficulties can be overcome, it is only the imaginary ones that are unconquerable”. - *Theodore N. Vail*

“No man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today that the weight is more than a man can bear”. - *George MacDonald*

“He who fears he shall suffer, already suffers what he fears”. - *Montaigne, Essays, 1588*

“Wanna fly, you got to give up the shit that weighs you down”. - *Toni Morrison*

“Fear can keep us up all night long, but faith makes one fine pillow”. - *Philip Gulley*

“Don't fight with the pillow, but lay down your head And kick every worriment out of the bed”. - *Edmund Vance Cooke*

“Every evening I turn my worries over to God. He's going to be up all night anyway”. - *Mary C. Crowley*

"The problem of life is to change worry into thinking and anxiety into creative action." - *Harold B. Walker, from Think or Worry?*

"Worry is interest paid on trouble before it is due." - *William R. Inge*

"It is not work that kills, but worry." - *African Proverb*

"Worry a little bit every day and in a lifetime you will lose a couple of years. If something is wrong, fix it if you can. But train yourself not to worry: Worry never fixes anything." - *Ernest Hemingway*

"What were you worried about this time last year? Can't remember?" - *Author Unknown, from Ten Ways to Worry Less and Accomplish More*

## CONCLUSION

Worry might disrupt your daily routine, hampering your ability to focus at work, or keeping you from falling asleep at night. More seriously, you might find yourself unable to do anything about worry, until it gets to the point where worry controls your life.

You won't stop worrying if you think it serves you. To stop worrying:

1. Agree that worry is not good for you but injurious to your relationship with God, your person especially your health and others around you.
2. Pray to God to deliver you from it.
3. Learn to trust God for all things and at all times.
4. Take life easy and practice being calm and peaceful.
5. Sing and make music in your heart rather than worry when negative thoughts seem to pour into your mind.
6. Guard your mind against negative and worry inducing thoughts.
7. Fill your mind with the word of God and meditate on it always especially when faced with a difficult situation.