**HOW TO BE FEAR & WORRY FREE!**

1 Peter 5:7 (**The Amplified Bible**) Casting the whole of your care — all your anxieties, all your worries, all your concerns, once for all — on Him, for He cares for you affectionately, and cares about you watchfully.

Philippians 4:6 **Be careful for nothing (*Do not fret or have any anxiety about anything)*; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God**.

Read these verses to the Lord. Say: **“Lord, You told me not to fret or have any anxiety about anything. I’m going to do what you told me to do. You said that in everything by prayer and supplication with thanksgiving let your requests be made known unto You. So I’m bringing this problem to you and turning it over to You. Lord, I’m putting it into your hands. I refuse to fret anymore. I refuse to worry anymore. I refuse to be unduly concerned anymore about this. I refuse to be full of care. You said to cast it all on You because You love me; You care for me affectionately and watchfully and I thank You for it. It’s in your hands from this moment on. I rest in You. Thank You Master.** **Now I’m going to continue to thank you for the answer as I go to sleep. Lord, now You’ve got it. You work on it while I’m asleep.”**

I didn’t say it would be easy. You may wake up in the middle of the night as that problem hits you. Get up and open your Bible and read the scriptures to yourself and the Lord. Say: **“There it is in Your Word Lord. I’m not going to take it back. The devil brought a picture of it to me, but it’s your problem. You keep working on it. I’m going back to sleep now.”** Yes the devil may try to bring it back to you mind. Just start laughing at him! Say**, “Yes devil, you brought that picture back, but I’m not worried about it. I turned it over to the Lord. And while I’m asleep, He’s working on the case. Ha, ha!”** And then go to sleep. That’s being a doer of the Word and not a hearer only (**James 1:22**).

Once you get it over into God’s all-powerful hands, you can rest and He will work it all out.