Limiting Worry (booster shot)

That didn't seem quite enough though, so I added a second session each day. I set my phone's alarm for noon and when it went off, I stopped whatever I was doing, allowed myself to thing for one minute about my health issue, prayed for five minutes about it, and again gave them to God. Five minutes... that's all. (Note: if you do a bedtime prayer you may again choose to give your worries to God)

Did worry pop into my mind at various other times throughout the day? Of course. It happened each time I felt a twinge or pain which triggered my mind to start down the *what if* and *worst-case scenario* trail. But I would say "STOP" and remind myself of my contract with God: *I deal with my health concerns during my appointed times -- and He deals with them the rest of the time.*

That doesn't mean I didn't ask God to take away my health issues (I did). But I also included, "Thy will, not mine" because I've long since learned I'm not in charge of much in my life. This entire exercise was an effective way to help me limit my worry, give up control, stay focused and look for the joy of the moment (my steppingstone).

You may have moments (brief and long) where your troubles overwhelm you and you slip into a dark place. That's what makes us human. Fighting or denying these fears and somehow believing it means we are less Christian or less worthy (or that it's a sin to have momentary doubts about God) is a lie from Hell. Momentary doubts are part of the human condition... and God uses these moments to build our faith in Him and to teach us to give Him control. Ask yourself, if Peter traveled with Jesus and *still* dealt with overwhelming *'what if'* fears over what might happen to him, why should we expect more from ourselves? (Mat 26:69-75)