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Download or Read Online Worry Less, Live More Free eBook (PDF/ePub/Mobi/Mp3/Txt) Robert J. Morgan -, How do you bury worry before it buries you?

Worry, which is essentially a strain of fear, is a rational response to real pressures and problems. Life is harder than we expect, and even the Lord Jesus, the Prince of Peace Himself, admitted, "Each day has enough trouble of its own" (Matthew 6:34). He said, "In this world you will have trouble" (John 16:33). On one occasion, He even said, "Now my soul is troubled, and what shall I say?" (John 12:27). Our souls are easily troubled. The world and its trials seem to only increase.

In nearly forty years of pastoral counseling, Rob Morgan has seen a lot of changes in our culture. People are anxious, and everyone seems increasingly tense and taunt. We're overextended, running on empty, and often running late. We're worried and we're weary. One moment we're alarmed about global politics and the next we're frustrated with a clogged commode or a cranky boss. Stress can have a way of keeping us on pins and needles from dawn to darkness.

In this book Pastor Morgan leads the way through the investigation of the Bible's premier passage on the subject of anxiety. Philippians 4:4-9 is God's most definitive word about overcoming anxiety and experiencing His overwhelming peace. Dissecting the following eight practices this vital passage promotes will help you to wage war on worry:

The Practice of Rejoicing
The Practice of Gentleness
The Practice of Nearness
The Practice of Prayer
The Practice of Thanksgiving
The Practice of Thinking
The Practice of Discipleship
The Practice of Peace

When we study and employ these practices effectively, we have the power to erase anxious thoughts and compose our minds with peace in any situation.

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