

Are you a worrier or a warrior?



A slight difference in spelling makes a huge difference to the outcome.

Worrier	Warrior
<p>Worriers worry because they have no one to help them and they fear they don't have the resources to influence events. Worriers are passive, waiting for the disaster to strike. They exaggerate danger and make it seem worse than it is. Worriers wrestle with their own problems.</p>	<p>Warriors are realistic but full of faith. They are active, they know what to do and they do it. Never alone, they work and fight as part of an army. They may sometimes be knocked down but they always get to their feet again to continue the fight. Warriors may fight for themselves but prefer to fight other people's battles.</p>

God calls us to be warriors, not worriers:

"Do not be anxious about anything but in every situation by prayer and petition, with thanksgiving, make your requests known to God." (Philippians 4 v 6).

"Put on the whole armour of God so that you can take your stand against the Devil's evil schemes." (Ephesians 6 v 10 – 18).

<p>With God's help, you can make the transition from worrier to warrior by following these eight steps.</p>	
<p>1. What are you worrying about? In the space on the right, describe the situation and what you are afraid of.</p>	
<p>2. What's the worst that could happen?</p>	
<p>3. How likely is it to happen? Rate the likelihood on a scale of 1-10 where 1 is extremely likely and 10 is never in a billion years. If multiple negative outcomes are possible, rate each in the same way.</p>	

4. What can you do to avoid the negative outcomes? Make a list.	
5. Pray. Ask God to come to your aid and to give you wisdom, strength and courage.	
6. Do the things you put in your list at step 4. Do the most difficult first.	
7. Where else can you get help? Make a list of people or organisations who could give you practical or emotional support or who could pray for you.	
8. Approach everyone on your list and ask them to help.	

You've done all that you can. Now it's up to God who has said "Never will I leave you; never will I forsake you." (Hebrews 13 v 5)

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