***Overcoming Worry***

**Father, I depart from evil and do good. I seek, inquire for, and crave peace. I pursue (go after) it! When my ways please You, Lord, You make even my enemies to be at peace with me.**

**Lord, You have given to me Your peace, Your own peace You have bequeathed to me. It is not the peace that the world gives. I will not let my heart be troubled, neither will I let it be afraid. I refuse to be agitated and disturbed; and I will not permit myself to be fearful and intimidated and cowardly and unsettled.**

**Instead of worrying, I will pray. I will let petitions and praises shape my worries into prayers, letting You, Father know my concerns, not forgetting to thank You for the answers. Your peace will keep my thoughts and my heart quiet and at rest as I trust in Christ Jesus, my Lord. It is wonderful what happens when Crist displaces worry at the center of my life.**

**Thank You for guarding my and keeping me in perfect and constant peace. My mind both its inclination and its character is stayed on You. I commit myself to You, lean on You, and hope confidently in You.**

**I left the peace from Christ rule (act as umpire continually) in y heart (deciding and settling with finality all questions that arise in my mind). I am thankful appreciative, give praise to You always.**

**In Jesus Name Amen**