

04282024...Habits are formed by repetition .... The idiom "practice makes perfect" conveys the truth that consistent repetition of a skill, task or belief is the key to becoming adept or perfect at it. Actions that are repeated over time gradually became habits, and we all know habits have pluses and minuses....they can be productive or destructive to our lives.

And those habits practiced and perfected in our past when triggered are automatically employed directly in our present lives .... those practiced habits have brought each of us to where we are today in life in any circumstance we face... and this present reality is directly linked to our future destiny... unless we come to the place of making descions to change those reactions...to a new way to respond. so if we need to change our future... the present way we handle problems destructively must also change...so today lets focus on one habit we all have practiced and perfected... You ask what it is? The practiced and perfected art of **Worrying!!**

Worry means to have anxious producing thoughts, especially about things you can't control? If you worry excessively, it can seem like negative thoughts are running through your head on endless repeat.

You may feel like you're spiraling out of control, going crazy, or about to burn out under the weight of all this anxiety. You worry a lot about "what ifs" and worst-case scenarios, you can't get anxious thoughts out of your head, and it interferes with your daily life.

We **Catastrophize**. Expecting the worst-case scenario to happen. "The pilot said we're in for some turbulence. The plane's going to crash!" the habit of worry also tends to minimize a good outcome scenario...

**It turns out that every habit including worry starts with a psychological pattern called a "habit loop," which is a three-part process.**

**Tim please put up**

## The Habit Loop

First, there's a cue, or trigger: that tells your brain to go into automatic mode and let a behavior unfold. Something happens and triggers a need for a response regarding the future...

**Then there's the routine, the habit** which is generated in the brain and emotions to respond to the trigger. So The emotions trigger the brain (Basal Ganglia) through a pattern recognition **which tells us I know what to do here...** and the well practiced response or routine is to Worry!!

**The third step, is the Reward:** something that your brain likes that helps it remember how to handle this situation....Anxiety!! That is right the reward for worry is anxiety!!

**This is what makes the habit of worrying so hard to break...we have practiced it until it is an automatic often unconscious response to circumstances the habit built over time controls us we don't control it... And generally speaking the habits that we reflectively use tend to be negative or maladaptive habits.**

**And as soon as a behavior becomes automatic, the decision-making part of your brain (prefrontal cortex) goes into a sleep mode of sorts.**

When we figure out what is going on... ...we now have to take that thought or those thoughts captive...

**Flip the switch!! and make the Decision ...to practice a new reality based response...and it takes lots of practice....**

**This is why Jesus said...don't Worry...it is poison to our lives and faith...Jesus knew our habit of worry is well entrenched...and must be rooted out and faith must be planted and nurtured**

**But he just does say don't worry...he gives the reason for it...there will be a positive outcome...he flips the switch on worry from negative to positive...**

*NLT Rom 8:28 And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

- **If you love God...you know he will work out everything to a good ending...which is his purpose for allowing it in the first place... so in a real way, your love for God is in direction proportion to your trust in him!**

*NLT Matt 6: 25 "That is why I tell you not to worry about everyday life—*

- **Jesus says don't worry about everyday stuff... don't Catastrophize everyday...it minimizes God maximizes everyday stuff...**

<sup>34</sup> *"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today...*

- **Don't Catastrophize Tomorrow Why? It minimizes the God Factor and maximizes the problem factor It demonstrates a untrusting relationship to our Father in Heaven ...Worry is the opposite of trusting God... Love and trust.. That is all that is required...never worry in fact nowhere in scripture does it say to worry.**

**And he gives us the antidote what to practice until it is perfected in us**

<sup>33</sup> *Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*

- **Kingdom...keep focused on the big picture his Kingdom...and the King is in charge..**
- **Live rightly today check your self ...practice Kingdom thoughts and actions**

- Know he will give you everything you need...He has got you!
- So from God's perspective Worry is a relationship problem..a relationship problem with God!
- *This is one reason why we experience the same types of troubles over again...*we experience Déjà vu problems and they seem to reappear usually at the worst possible moment....

God has to transform our thinking about him and our problems...he is not a negligent father, an unloving care taker, an unprotective guardian...so we are on our own...he is with us! For us...and his plan is will prove to be good...absolutely need to worry...about what you cant control. Some things we can ...but trust is demonstrated in what we cant control..

*NLT LK 12:22 Then, turning to his disciples, Jesus said, "That is why I tell you not to worry about everyday life—whether you have enough food to eat or enough clothes to wear. <sup>23</sup> For life is more than food, and your body more than clothing.*

- I am your creator...I made you and have given you life and it is certainly for much more than food and clothing.....
- So if I create the greater things for your life... I certainly know how to take care of the lesser things you need...food and clothing...
- So don't worry your life consist of much more than just taking care of your daily needs
- When we worry about things we leave out the God Factor.
- So he gives an example

<sup>24</sup> Look at the ravens. They don't plant or harvest or store food in barns, for God feeds them. And you are far more valuable to him than any birds! <sup>25</sup> Can all your worries add a single moment to your life? <sup>26</sup> And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things?

- Ravens are scavenger birds.....cannot create supply, cannot harvest, cannot store away, they live day to day on what they find...and God provides for them day by day...and they do not worry about their life...
- Though they live by what we could describe or hand to mouth survival...but they live like they are free...and appear to not have a concern in the world....
- And then Jesus reminds his disciples that they are of much greater value than birds.
- \*\*\*\*\*This doesn't mean that God fills a bird feeder every morning for the ravens. They spend their day finding food and devouring it. It's not a "cake walk." Nor are we to expect God to put us on "Easy Street."
- But we are to expect him to provide for our needs. Because Jesus tells us to expect that!
- Medical intervention, eating properly, exercise...can add to our lives...but one thing will not add even an hour to our lives...WORRY

\*\*\*\*\*But Worry is of absolutely no worth to us...it cant even add an hour of value to our lives...but it can suck the life our of our lives!!

➤ And he gives Another example

*LK 12: 27 "Look at the lilies and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. 28 And if God cares so wonderfully for flowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?*

**Plants depend on water and sunshine, soil. Insects, wind, and the varying elements and conditions.....and they have no control over any of them.....**

➤ and plants have no control over the animals or humans who could pick, trample, or kill them for they can't even run away...

- at least birds can fly away when trouble approaches..... and in fact in the wild they have to wait for storms...and just like us storms often bring what we need to grow with...
- Yet God provides for them...And Jesus says. Consider their beauty and realize that even Solomon, Israel's richest king, could not compare. So why are we so concerned about clothing when God so elegantly clothes the wildflowers?
- And The grasses of the field are clothed with beauty, even though in a few weeks the grasses will be dry and be collected for use in cooking fires. And your destiny is heaven???
- If God does that for his plant creation...how much more will he cloth us...in all we need...and he has equipped us to use our brains and we have great influence over the outcome of much of what we do and possess.
- We have God ...why do we worry????
- Because we have little faith....
- The antidote then to worry is to have more faith....How???

*NIV LK 6:46* “Why do you call me, ‘Lord, Lord,’ and do not do what I say?”

- I say don't worry....and I say trust in me... but you worry and don't trust... you can't do both at the same time...
- I will show you what it looks like to practice or not what I say...literally demonstrate...your life is like a house...and it is built on something...

<sup>47</sup> *As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like.* <sup>48</sup> *They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built.*

- **The house was built on obedience to relationship with God and trust in his word...before the storm hits... for his word said storms will come...you believed and acted on it...so you stayed close to him...**
- **And when the storm comes...you continued to hold even tighter to me and trusted my word... all the way through to the end of the storm ..your house was built wisely**
- **The relationship with me was your strength...my word your rock.... That practice made you ready for storm time....practice paid off**
- **The key to overcoming Worry...is to know God and his love for you by putting his word into practice, Practice, practice, practice, in my mind until it is settled in my heart...then I can truly as the Psalmist David did...**

*PS 23:1 The LORD is my shepherd, I shall not be in want.*

- It is knowing who God is My shepherd...so I make a decision of the will...in my mind ..my prefrontal cortex to think these words...that I can hold onto them no matter what

**NLT 1 Peter 5:7** Give all your **worries** and cares to God, for he cares about you.

**Hand them to him...don't take them back... he cares for us...literally he is the one in care of us...he is the to take care of us...**

What is a major care or worry right now...hold it in your hand...give it to Jesus.... Pray here is my worry...and I know you will take care of me...I trust you

Sunshine, cloudy, rain or storm.. and *if God cares so wonderfully for flowers, and if God takes care of the ravens, And he says you are far more valuable to him than any birds!* <sup>25</sup> *Can all your worries add a single moment to your life?* <sup>26</sup> *And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things? He has got you!!! Repeat over and over until it becomes your rock!!*

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