

The background of the entire poster is a dramatic sunset or sunrise scene. A person is silhouetted against the bright, orange and yellow sky, with their arms raised wide in a gesture of praise or victory. The sun is low on the horizon, creating a strong backlight effect. The sky is filled with wispy, orange-tinted clouds. The overall mood is one of triumph and spiritual uplift.

WORRIER WARRIOR

the Lord is with me, His power gives me victory

INTRODUCTION

God will keep in perfect peace those whose minds are steadfast because they trust in Him. Isaiah 26:3

In Isaiah 26, verse 3, Jesus imparts to his followers the insight that yielding to worry or anxiety offers no advantage in life. This perspective on anxiety aligns with the prevalent viewpoint in the contemporary medical community, which asserts substantial evidence that excessive worry can markedly diminish one's lifespan. Those who are overwhelmed by worry and lack trust in God merely endure existence, whereas individuals who love and place their trust in God encounter a life characterized by abundance and fulfillment. The objective of this Worrier to Warrior guidebook is to equip individuals with the mindset, heart set, and toolset necessary to firmly believe that with the advent of Christ, we can lead a life abundant and devoid of worry. This empowerment enables us to emerge as triumphant warriors in every facet of our lives. I extend my prayers that you will undergo a transformation and be blessed as you read it.

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According to research, many people spend 70 to 80 percent of their time worrying about the past and the future, and almost everyone you’ll meet will have one battle or another. So what does it mean to be a Warrior for CHRIST versus a worrier who goes into a state of worry about the battles of life?

*In this January edition of our WARRIOR SERIES, you will find **three** differences between a worrier and a WARRIOR and **four** strategies that can equip you to live as a Warrior!*

Three differences to note:

WORRIERS	WARRIORS
Tend to fight themselves	Tend to fight the problem
Have a losing mentality	Focus on God’s promised victory
Make excuses and often give up	Put on confidence and get into the fight

Four Strategies to Win the Worry Battle and Live as a Warrior!

1. REPEAT GOD’S PROMISES

By repeating God’s promises in his word, you can say “no” to fear, anxiety and panic. E.g., ***“I can be strong and courageous because God is with me wherever I go.” (Joshua 1:9); God has great plans for me (Jer 29:11); God will instruct me and teach me in the way to go (Psalm 32:8), The Lord is with me, his power gives me victory (Zephaniah 3:17).***

2. GIVE YOURSELF THE “GIFT OF THE PRESENT.”

Fears and worries are attached to future uncertainty. Practice staying present and replacing negative thoughts with positive ones. Remind yourself by repeatedly saying: “God is taking care of me right here and right now.” Make every effort to be present and stay in the moment.

3. PRAY AND MEDITATE

Do you know that worry is talking to yourself while praying is talking to God? Prayer infuses peace and hope into your previously panicked and hurting heart. The enemy hopes you do not pray and will discourage you from praying because a prayer never prayed has zero chance of being answered. When you focus on God rather than on the problem, you begin to have more peace, knowing that he is in charge of the battle!

Philippians 4: 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God

4. RANDOM ACTS OF KINDNESS

If there is someone in your life you care for and are tempted to worry about, channel that energy into something positive by making a ten-minute encouraging call or sending a text or email. By reaching out and performing various random acts of kindness, including praying for loved ones, we not only bless them but also heal ourselves.

Finally, as Warriors for Christ, we are encouraged to stay ready for battle so we do not have to get ready for battle. Like an electronic device, let us remain connected to the power source and often recharge so we may be qualified and equipped to do every kind of good deed (2 Tim 3:17).

WE'VE GOT THIS. LET'S DO IT!



**FOCUSES ON
“DRESSING UP.”**

As warriors, it is super important that we dress for success. When heading to important events like weddings, parties, interviews, etc., many of us wear our best outfits because we want to show up looking and feeling great, confident, and ready for success. That means how we show up tells much about our expectations and readiness. How we show up can also impact the results we eventually get. The Bible tells us to put on the whole armour of God so we can stand firm against the enemy's attacks, arrows, tricks, and distractions. Every piece of the armour of God has a purpose, and **Ephesians 6:14-18** delineates each component and its role. I encourage you to read this passage in different Bible translations several times to understand the message entirely.

Today, we focus on verse 16, which emphasizes the importance of faith. We are told, "at all times, **carry faith as a shield**, for with it, you will be able to put out all the burning arrows shot by the Evil One." This is because faith gives us the courage and boldness to face all situations confidently. At first glance, the problem may look impossible, and that is humanly true, but with God, all things are possible (**Matthew 19:26**). When we claim and apply God's truth to our lives, we can trust him in faith since we cannot see what tomorrow holds. Some of those truths include **Exodus 14:14** The Lord will fight for you, and all you have to do is keep still; **Deuteronomy 3:22** Have no fear, the Lord shall fight for you; **Isaiah 54:17**, No weapon formed against you shall succeed; **Isaiah 41:10**, Do not be afraid, I am with you, I am your God- let nothing terrify you, I will make you strong and help you, I will protect you and save you.

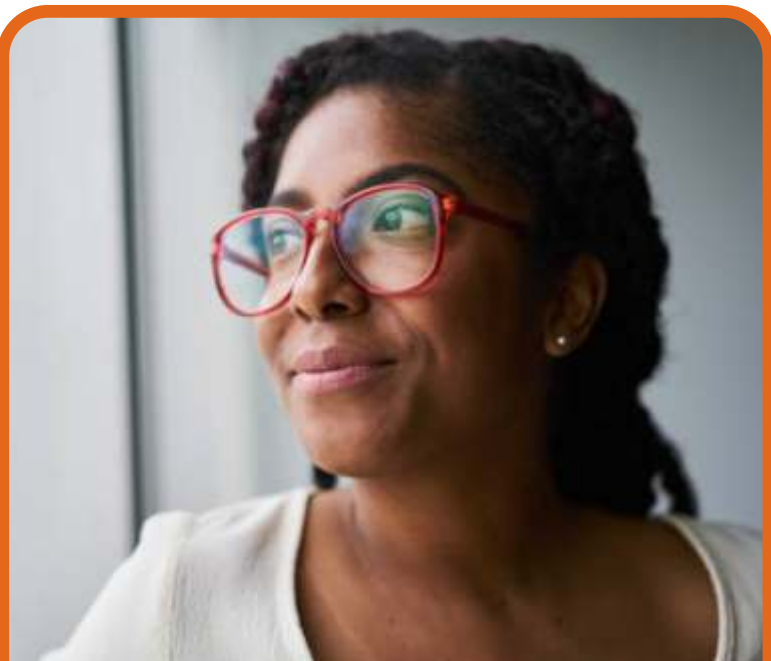
Action Plan:

As God's faithful warriors:

- Be prepared and ready for battle every day (**1 Peter 5:8**). Recall past testimonies and how God came through for you in the past (**Psalms 103:2-5**)
- Believe in God's faithfulness (**see Lamentation 3: 22-23**)

Prayer:

Dear Lord, Thank you for your faithfulness in my life. When I need a reminder, help me pause and give you thanks for all the times you have shown up for me in the past. Forgive me for the testimonies that I have forgotten about. Please increase my faith and surround me with the right people to keep me going. I know that with your help, I will get through the challenges that come my way. I will be victorious in Jesus mighty name, Amen.



MAKING THE DECISION TO STOP WORRYING

If worrying were a professional sport, many of us would be the team's most valuable players. Also, some of us would hold doctorates in worry if it were a degree program. We can all connect to this because being optimistic in tough situations can be challenging. There are many definitions of the word "worry" in the dictionary. One definition states that worry is to *torment oneself with care and anxiety*. In other words, we torture ourselves every time we worry. Often, we are consumed by situations that may never occur. The "worry" fire grows larger as we feed it more fuel by allowing worries to dominate our thoughts.

Mathew 6:24-34 is a brief passage and yet, the word worry appears **6 times**. Here, the Lord Jesus Christ calls us to stop worrying about our lives. In verse 24 He reminds us that "we cannot serve God and money". In verse 25 He says, "Do not worry about your life, what you will eat or drink, or about your body, what you will wear", and this is reiterated in verse 31, where the Lord encourages us not to worry. Instead (**verse 33 paraphrased**), make your relationship with God a priority, seek first the kingdom of God, be concerned with what he requires of you, and he will provide all the other things you need. In **verse 34**, Jesus adds "Do not worry about tomorrow, it has enough worries of its own. There is no need to add to the troubles each day brings". He also mentioned earlier in **verse 8** that "Your Father already knows what you need before you ask him". Simply cast all your cares (anxieties, worries, concerns, issues) on Him, for He cares about you (**1 Peter 5:7 AMP**)

Action Plan:

- Think of one thing you typically worry about the most. If it is caused by something or someone you are listening to, consider limiting or eliminating that source (**see Heb 12:1**).

- Say a short prayer for this particular concern whenever it comes to mind. Don't be discouraged if you have to do it 50 times daily. It's okay to pray 50 more times a day. Pray at all times (**1 Thessalonians 5:17 KJV**). Repeat God's word about anxiety and allow Him to give you peace "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" (**Philippians 4:6-7 NKJV**).

Prayer:

Heavenly Father, I am so grateful that you know me by name and that you know what I need even before I come to you in prayer. You know the end from the beginning and the beginning from the end, so I surrender all to you. Thank you for what you have done, what you are doing and what you are going to do. Forgive me for the times I lost hope and faith, and trust. Increase my faith today, and let me feel your presence in Jesus' mighty name, I pray. Amen.

*Doth not all nature around me praise God? If I
were silent, I should be an exception to the
universe. Doth not the thunder praise Him as it
rolls like drums in the march of the God of armies?
Do not the mountains praise Him when the woods
upon their summits wave in adoration? Doth not
the lightning write His name in letters of fire? Hath
not the whole earth a voice? And shall I, can I,
silent be?*

- Charles Spurgeon



**WARRIOR:
SHIFT YOUR
MINDSET**

Reflecting on the scripture above during the Easter period led to the realization that being in a state of worry can make you miss out on what you are searching for. In John 20 vs 12, Mary Magdalene, who had set out to go to Jesus' tomb from early in the morning while it was still dark, stood outside the tomb crying and in a state of worry when she realized Jesus was no longer there.

The angels who sat where the body of Jesus had lain enquired of her to know why she was crying. She was confident they had taken Jesus away, stating, "They have taken my Lord away, and I do not know where they have put him." Before the angels could even reveal the news of Jesus' resurrection, Jesus appeared to her, but in her state of doubt and worry, she merely saw him as a gardener and did not even realize it was Jesus whom she had been looking for.

As warriors for Christ, we need not worry so we don't miss opportunities that may be staring us in the face.

PRAYER

Dear Lord, we thank you for your word in **1st Peter 5:7**, which says we can cast all our anxiety on you because you care for us. We pray that you help us continue to strive to be warriors for you so that we shift from a mindset of worry and do not miss out on the countless opportunities you send our way.



Ps 102:13 - Thou shall **ARISE** and have **MERCY** on Zion for the time to FAVOR her, yea the set time has come. MAY is the 5th month and 5 stands for GRACE. Other blessings accompany GRACE, when God ARISES on your behalf, you'll receive **Mercy, Favor, Grace, Peace, Faith and Glory.**

- **Arise** – means to get up and take action. God will ARISE for our sake in Jesus' name. When God Arises, certain things happen.
- **ENEMIES SCATTER** - Psalm 68:1 – let God arise, let his enemies be scattered, let them that hate him flee before him. The enemies of God's children are God's enemies.
 - *In the name of Jesus, O Lord, you will arise for my household, business and ministry, and all our enemies shall scatter in Jesus' name. They shall all be put to flight in the name of Jesus. Amen!*
- **DIVINE HELP** - Psalm 44:26 – Arise for our help and redeem us for your mercy's sake.
 - *God will arise to help us in Jesus' name. Father, arise and grant us divine help. Everything we shall do this month shall be made possible and made easy because God will arise for our help. Every impossibility in our life shall be made possible by the help of our heavenly father in the name of our Lord Jesus. Amen!*
- **GLORY OF GOD** - Isaiah 60:1-2 Arise and shine for your light has come and the glory of God has risen upon thee. God will arise, and the glory of the Lord will rise upon us, and his glory shall be upon us.
 - *In the name of Jesus, O Lord, arise upon me, my family, my house, my business, and my ministry. Let your glory saturate our life. Let everyone who sees us see the manifestation of your glory upon us in the name of Jesus.*

- **Mercy** – We will experience the mercy of the Lord, and God will grant us compassion. "The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness" (Lamentations 3:22-23). It is of the Lord's mercy that we are not consumed because his compassions fail not, when God's mercy is upon our life, we can't be consumed.
 - *In the name of Jesus, Father, arise and have mercy upon my family and household. Preserve us and let not your compassion fail over us. Amen. I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion Exodus 33:19. Father, shower your mercy on us and our family. Choose our family members and us to continually receive mercy before you and men.*
- **Favor** – There is a time for everything and a season for every activity under the heavens.
 - *Ecclesiastes 3:1 This is our set time, our season of favour; my family business, ministry, and household shall be singled out for favour. Every door shall be opened unto us where we have suffered rejection. We shall be celebrated. Amen. We will finish well and finish strong. It is well with us in Jesus' name. Amen!*
- **Grace** - May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all - 2 Corinthians 13:14.
 - *Grace that makes a man function without struggle rests upon my family, business, career and the works of my hands. We don't struggle to succeed; we excel and prosper, we are the head and not the tail destined for the top with global prominence in Jesus' name. Amen!*

- **Peace** - And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus. Philippians 4:7
 - *My family and I have all-around flourishing peace. Peace in our home, peace at work, peace over our health and finances, peace and stability in our relationships in Jesus' name. Amen!*

- **Glorify** – Arise and shine; for thy light has come, and the glory of the Lord has risen upon thee.
 - *Father, your Word says we should arise and shine; let everything that darkens our light be taken out in the name of Jesus. Lord, let your glory rise upon our life and be evident to all in the name of Jesus. Lord Jesus, Isaiah 60:3 says that nations and kings would come to our light. Father, let this become our experience in the name of Jesus. Let kings come to the light of our work and advancement in the name of Jesus. Amen!*



**INCREASE
YOUR FAITH**

For Christians, faith is a complete trust in God and what He has done through Jesus. What is wonderful about faith is the reward we receive for having it, eternal life.

Hebrews 11:1 – “Now faith is the assurance of things hoped for, the conviction of things not seen. Faith is belief and trust in and loyalty to God.

Behaviors are based on many things, including temperament, childhood training, love, life experiences, and spiritual maturity.

A worrier is one who focuses on self. Selfish people worry all the time. It's all about them. They are rigid and intolerant of other people's desires and insensitive to others' needs or feelings. Selfishness promotes worry. Two people start out a business as equal partners and selfishness creeps in, turning best friends into worst enemies. They may blame their conflicts on “personality differences” or “philosophical differences,” but the bottom-line problem is selfishness. This makes them worry about the future, and worry if someone is cheating them.

And the degree to which individuals overcome selfishness determines the success and happiness of all their interpersonal relationships. Self-interest is what causes people to become restless and worry a lot.

Victory over selfishness and worry is the will of God for you. Worry is an attitude that becomes a lifetime habit.

Your Victory is tied to your faith. Faith is the foundation for your victory. The basic lifetime habit of worry can be broken but not without effort. If you persist in facing your weaknesses with God's power, you will experience victory.

You can do all things through Christ who strengthens you. That includes being gracious instead of angry, trusting instead of fearful, giving instead of being selfish, and a warrior instead of a worrier. Commit your way unto the Lord instead of worrying about things.

Instead of being a worrier 1 Thessalonians 5:18, says “In everything give thanks; for this is the will of God in Christ Jesus for you.

Read the Word of God regularly. Since the Word is a supernatural book, it accomplishes supernatural work in the life of the believer who reads it. A Spirit-filled Christian will read the Word of God —the primary source of spiritual food. We all need to think about God’s thoughts, and that only comes by filling our minds with his Word, which reveals his perspective.

Pray daily. Because prayer is communion with God, it should also have a regular place in the life of the Christian who is walking in the Spirit. And 1 Thessalonians 5:17: “Pray without ceasing.” Christians walking in the Spirit will live a life of prayer. They will commune with Christ through the Spirit about everything —asking his instruction about work and family decisions; in effect, they will follow the admonition, “In all your ways acknowledge Him” (Prov. 3:6) When there is prayer worry disappears.

When you get right down to it, the worrier comes to the decision: Am I going to yield myself to Christ to serve him, or am I going to indulge in the sin of worry? In short, then, the question involves worrier or warrior?

There is no compromise about it, the Bible says in Luke 1:37 Nothing shall be impossible with God. Believe it. Your own faith is the key to your personal victory. Walk by faith and not sight. It’s time to Increase your Faith.

*You either pray
or worry.
Don't do both*

CURTIS JACKSON



BUILDING RELATIONSHIP LIKE CHRIST

Relationships can be defined as how two or more people or things are connected. This connection can be by blood (family), marriage (romantic), school (classmate), office space (co-workers), place of business (acquaintances) etc.

What does the Bible say about relationships?

John 15:12 TPT – “So this is my command; love each other deeply as much as I have loved you.”

Luke 6:31 TPT. The way you want others to treat you is how you should treat everyone else

1 Corinthians 16:14 “Let love and kindness be the motivation behind all that you do.”

If more people adhered to this simple principle of doing to others as you would have them do to you, the world will indeed be a much better place.

Showing kindness doesn't just happen. A conscious effort must be made. It's easy to show kindness and love to someone who does the same, but if the person is wicked to you, it is quite the opposite, challenging. Instead, We would choose to operate on Exodus 21: 23-27, “*An eye for an eye*”, expressing the principle of reciprocal measure for measure. Jesus Christ in Mathew 5:39 and Luke 6:29 said, “*But if anyone slaps you on the right cheek, turn to him the other also.*”

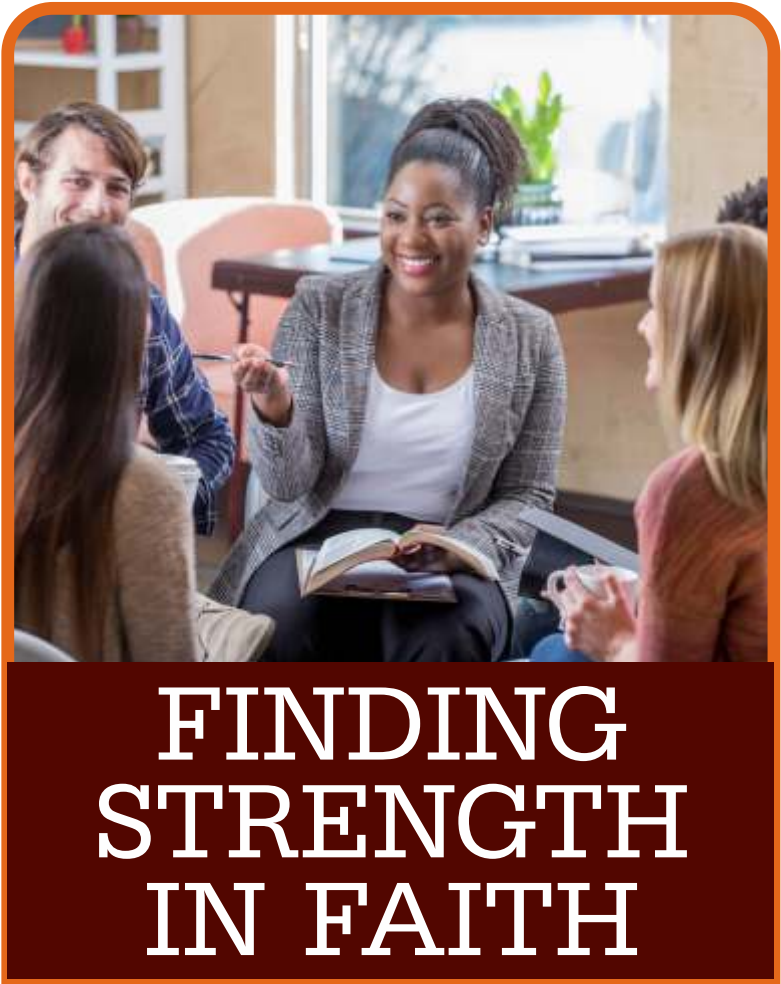
Luke 6; 27-28 “*Love your enemies and do good to those who hate you, bless them that curse you and pray for them which despicably use you*” A lot of people want to be shown kindness, but they do not show others kindness. This does not mean you will not be provoked and get upset. It just means you can get angry, but don't sin. Even Jesus Christ, our Savior, got upset a few times. Showing kindness or love doesn't make you weak; instead, it makes you stronger.

How to Build a Christlike Relationship

1. Prayer - 1 Thessalonians 5:17. *"Pray without ceasing. Prayer is the way out of every situation"*. Pray that God will help you, and pray for the person who offends you. Col 4:2
2. Genuinely love people unselfishly 1 Thessalonians 4:9
3. You must be intentional by making a conscious effort to show kindness, and the Lord will give you grace. Maturity is when you go beyond your feelings and do not treat people like they deserve or by the world's standard
4. Speak to yourself by regularly confessing and obeying God's Word. Joshua 1:8
5. Forgive- Colossians 3:13 *"Don't be angry with each other but forgive each other"* We should make allowances for others' shortcomings. When the love of God is perfected in us, we will exhibit God's love.

PRAYER

Heavenly Father, we seek Your guidance and grace as we strive to build a Christlike relationship, we acknowledge that we cannot build a Christlike relationship on our own strength, but with You at the centre, all things are possible. Fill us with Your Holy Spirit, so that we may love, honour, and support one another in a way that glorifies Your name.



FINDING STRENGTH IN FAITH

In the journey of life, many of us begin as worriers, burdened by fears, doubts, and uncertainties. Yet, through the lens of faith and the wisdom of the Bible, we can transform into warriors equipped with courage, resilience, and unwavering resolve. This transformation is not merely a change in mindset; it's a profound spiritual metamorphosis.

The Worrier's Plight

Matthew 6:25-27 (NIV) reminds us, *"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you, by worrying, add a single hour to your life?"*

We are often consumed with worry, distracting us from life's beauty. It drains our energy, weakens our resolve, and robs us of the present moment. However, the Bible reminds us that our faith in God's providence should replace our worries.

The Transformation Begins

As we journey from worriers to warriors, we must start by surrendering our anxieties to a higher power. **1 Peter 5:7 (NIV)** encourages us to cast our anxieties on God because He cares for us: *"Cast all your anxiety on him because he cares for you."*

This act of surrender opens the door to inner peace. It's not about ignoring life's challenges but trusting in God's plan and knowing that He walks with us through every trial.

Armed with Faith

Equipped with faith, we can face life's battles as warriors. **Isaiah 41:10 (NIV)** reminds us of God's promise: *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I*

will uphold you with my righteous right hand."

With this divine strength, we can approach adversity with resilience. Instead of being paralyzed by fear, we can confront challenges head-on, knowing that God is our refuge and strength.

The Warrior's Journey

Our transformation from worriers to warriors is an ongoing journey. Ephesians 6:11 (NIV) instructs us to "Put on the full armour of God so that you can take your stand against the devil's schemes." This armour includes truth, righteousness, faith, salvation, and the Word of God. Armed with these spiritual tools, we become unstoppable.

Moreover, **Philippians 4:13 (NIV)** declares, "*I can do all this through him who gives me strength.*" This verse reminds us that, with God's strength, we can overcome any obstacle, and our worries can be transformed into opportunities for growth.

The Triumph of Faith

As we journey from worriers to warriors, we experience the triumph of faith. Our fears are replaced by courage, our doubts by confidence, and our uncertainties by steadfast trust in God's plan. Through faith, we become warriors, ready to face life's challenges with unwavering resolve.

In this transformation, we realize that our strength doesn't come from our own abilities but from our connection to the Divine. In faith, we find the power to turn our worries into victories, for, as Romans 8:31 (NIV) reassures us, "If God is for us, who can be against us?"

Prayer

Heavenly Father

I release my worries and fears to you. Replace them with unwavering faith and courage. Clothe me in your strength and wisdom. Help me see opportunities in challenges. Please guide me on this journey from worrier to warrior. Let my life reflect your love and grace.

Amen.



**"FROM WORRIER
TO WARRIOR:
EMBRACING FAITH
AND COURAGE."**

The journey from being a Worrier to becoming a Warrior is indeed a journey of **COMPLETE TRUST** in God.

In a world filled with uncertainties, challenges, struggles, lack, pains, and trials, it is very easy to become consumed by worry, fear, and doubt. We often face numerous challenges and uncertainties that can lead us to worry and anxiety. However, as followers of faith, we are called to a higher purpose, one that empowers us to face these challenges with unwavering courage and faith by embracing the strength that comes from our faith.

The question then is how we can make this transformation. The following are some of the ways we can transform:

1. **Understanding the Nature of Worry:**

Worry, as we all know, is a common human experience, and it is natural for us to feel anxious about the uncertainties of life. However, when worry consumes our thoughts and weakens our faith, it becomes a stumbling block to our spiritual life and growth. Matthew 6:27 reminds us of the saying, "Can any of you, by worrying, add a single hour to your life?" If I must give an answer to this part of the scripture, the answer is a big **NO**. Worrying doesn't change your circumstances; it robs you of your peace and joy.

Prayer: O Lord, please help me remember that worrying about my situation or circumstance cannot improve it. Instead, help me keep my eyes on you and remember that you love me much more than I can ever imagine and want the best for me. Amen.

2. **Understanding the Power of Faith:**

To become a warrior, we must indeed recognize the power of faith. Hebrews 11:1 says, "Now faith is confidence in what we hope for and

assurance about what we do not see." Faith allows you to see beyond your immediate circumstances and trust in God's plan for your life even when you do NOT understand it. It is through faith that we find strength and hope amid adversity.

Prayer: O Lord, in your word, you said that even if my faith is as tiny as a mustard seed, I can move mountains. Please help me to recognize the power of my mustard seed faith. Amen.

3. Trusting in God's Sovereignty:

As warriors of faith, we must trust in the sovereignty of God. Isaiah 41:10 assures us, "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." God is in complete control, and NOTHING is outside of His authority. When you surrender your worries to Him, you make room for His guidance and intervention.

Prayer: O Lord, I proclaim that you are the sovereign God. There is none like you. You are the God that sits on the throne, the God that created the Heaven and the Earth. I acknowledge your sovereignty in my life. Please help me always remember that because you are sovereign, NOTHING happens without your consent. Amen.

4. Dwelling in Prayer and Meditation:

You must engage in fervent prayer and meditation to transition from worrier to warrior. Philippians 4:6-7 encourages us, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus." Prayer is our direct line of communication with God; through it, we find strength, wisdom, and peace.

Prayer: O Lord, please help me to pray without ceasing. Help me to learn to practice being in your presence throughout the day. Amen.

5. Acting in Faith:

A warrior doesn't simply stand still; they ACT. James 2:17 reminds us, "In the same way, faith by itself, if not accompanied by action, is dead." As you trust in God, you must also take steps of faith in your daily life. Cast into the deep even when you do not see any reason. Peter obeyed the Lord and launched into the deep, and what a great catch that was Luke 5:4-6.

Prayer: O Lord, please help me to practice my faith by doing. So, help me, God. Amen

In conclusion, we are all called to be warriors of faith rather than worriers of life's challenges. As you embrace the power of faith, trust in God's sovereignty, engage in prayer and meditation and act with courage. You can indeed transform your worries into opportunities for growth and spiritual maturity. Remember the words of Joshua 1:9, "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." May we all find the strength to become Warriors of Faith, guided by the unwavering love of our Lord and Savior, Jesus Christ. Amen.

PRAYER

Heavenly Father, I am so grateful that you know me by name and that you know what I need even before I come to you in prayer. You know the end from the beginning and the beginning from the end, so I surrender all to you. Thank you for what you have done, what you are doing and what you are going to do. Forgive me for the times I lost hope and faith, and trust. Increase my faith today, and let me feel your presence in Jesus' mighty name, I pray. Amen.



**WHEN YOU HAVE
PRAYER, YOU DO
NOT NEED
TO WORRY**

Worrying and praying are often seen as contradictory actions because they stem from different mindsets and perspectives. Here are a few reasons why worrying and praying do not go together:

- 1. Faith and Trust:** Praying is an act of faith where you seek guidance, support, and strength from God Almighty. It involves surrendering control and trusting that things will work according to God's plan. On the other hand, worrying is rooted in fear and doubt, reflecting a lack of trust in the process and outcome.
- 2. Emotional State:** Worrying involves negative emotions such as anxiety, fear, and stress. These emotions can cloud one's ability to connect with God and hinder the positive energy that prayer aims to cultivate. Conversely, prayer encourages a calm and focused state of mind, promoting clarity and peace.
- 3. Focus and Action:** Prayer is a form of spiritual communication with the Lord, where you seek guidance, clarity, or strength. It is an opportunity to align one's thoughts and intentions with positive energy. Worrying, however, tends to be unproductive and can consume excessive mental and emotional energy without leading to any concrete action or resolution.
- 4. Acceptance and Letting Go:** Prayer involves seeking guidance or assistance from Our Lord Jesus Christ while acknowledging that some things are beyond our control. It encourages acceptance of the present situation and the ability to let go of worries and fears. Worrying, on the other hand, tends to dwell on negative possibilities and can lead to a cycle of rumination and stress.

5. Positive Outlook: Prayer encourages you to focus on positive thoughts, gratitude, and hope. It promotes a mindset of optimism and resilience, even in challenging times. Worrying, on the other hand, tends to magnify negative possibilities and can drain one's energy and emotional well-being.

It is important to note that everyone's spiritual beliefs and practices may differ, and the relationship between worrying and praying can vary based on individual perspectives. However, praying is generally seen as a way to seek comfort, guidance, and strength, while worrying tends to be counterproductive, leading to increased stress and anxiety.

Prayer WORKS

One example from the Bible that demonstrates the power of prayer is the story of Daniel in the lions' den (Daniel 6:10-23). In this story, Daniel, a faithful servant of God, was thrown into a den of lions as a punishment for continuing to pray to God despite a decree that prohibited it.

Daniel's unwavering faith led him to pray three times a day, openly and without hesitation, even when he knew it was against the law. When King Darius discovered Daniel's disobedience, he was profoundly distressed but reluctantly ordered Daniel to be thrown into the lions' den.

Throughout the night, King Darius could not sleep or eat, filled with worry for Daniel's safety. The following day, he rushed to the den and asked Daniel if his God had saved him. To the king's amazement, Daniel responded that God had sent an angel to shut the lions' mouths, preventing them from harming him.

This powerful example of prayer shows that even in the face of seemingly insurmountable challenges and imminent danger, Daniel's

faith and trust in God's power led to his deliverance. It demonstrates that through prayer, God intervened and protected Daniel, showcasing the miraculous power of prayer.

This story emphasizes the importance of unwavering faith and obedience to God and serves as a reminder that prayer can bring about supernatural intervention and overcome seemingly impossible situations. It inspires believers to trust in God's power and seek His guidance and protection through prayer.

NEED DIRECTIONS FOR PRAYER?

Check out:

Several verses in the Bible highlight the power of prayer. Here are a few examples:

1. Matthew 21:22 (NIV): "If you believe, you will receive whatever you ask for in prayer."
2. Philippians 4:6-7 (NIV): "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."



ARE YOU
WORRYING IN
FEAR OR WARRING
IN FAITH

Do you find yourself spending sleepless nights, developing ulcers, or experiencing high blood pressure due to excessive worry? The very word "worry" traces its roots back to an old Anglo-Saxon term, meaning "to choke" or "strangle." It thrives on fear and uncertainty, causing anxiety when we fear the potential loss of something significant.

Sometimes, the source of worry is clear-cut — the fear of losing a job, a relationship, or even one's sanity. At other times, it's more elusive, such as the fear of losing control over a situation, anxiety about the future, or the dread of losing a dream. Regardless, worry exacts both physical and spiritual tolls. It won't bolster your savings, prevent illness or job loss, or reshape your circumstances. Instead, it corrodes your mood and gradually erodes your connection with the divine.

Worry manifests in various forms, and worriers come in diverse shapes and sizes. Some casually worry as if it were a pastime, while others have mastered the art of worrying to a professional level. Let's explore a few categories:

1. Mayday Worriers: These individuals habitually focus on remote or unlikely risks, always anticipating the worst-case scenario in every situation. They live as if their plane is perpetually plummeting, with no response on the radio.

2. Yesterday Worriers: Trapped in the clutches of past mistakes, these worriers suffer from the "shoulda-coulda-woulda" syndrome, constantly rehashing what they should have known, could have prepared for, or would have pursued differently.

3. Someday Worriers: Speculating about potential future events, these worriers agonize over what might happen in a situation and worry about what the future holds.

4. Everyday Worriers: Caught in a relentless cycle of worry, these individuals replay the same scenarios repeatedly. They lose sleep, worrying themselves sick, as worry transforms from a hobby into a full-time occupation.

Understanding what worrying truly is can be a crucial step towards transformation. Worry, essentially, is an indicator of our faith and trust in God. When we worry, we say, "I'm uncertain that God will intervene in my situation." To transition from worriers to warriors, it's imperative to develop confidence in God's Word through daily reading and meditation. **1 John 4:18:** "There is no fear in love. But perfect love drives out fear because fear has to do with punishment. The one who fears is not made perfect in love." **2 Timothy 1:7:** "For the Spirit God gave us does not make us timid but gives us power, love, and self-discipline."

As children of God, we're commanded not to worry (Philippians 4:6-7). Jesus Himself admonishes us against worrying about the essentials of life, emphasizing the futility of anxiety. Recognizing that worry is a lack of trust, we can shift from worry to prayer. We war in prayer by putting God's word before the worry. Look for scriptures on that issue of concern and pray about it, think about it, say it and stand as a warrior until you see God's word fulfilled on the matter.

Confession to Overcome Worry and Fear

I am the Body of Christ, and Satan has no power over me. I overcome evil with good. I am of God and have overcome Satan. Greater is He that is in me than he that is in the world. I will fear no evil, for thou art with me.

My Lord, Your Word, Your Spirit, they comfort me. I am far from oppression. Fear does not come near me. No weapon formed against me shall prosper, for my righteousness is of the Lord. Whatever I do will

prosper, for I am like a tree planted by the rivers of water. I am delivered from the evil of this present world. It is the will of God concerning me that I am delivered from the evil of this present world. No evil will befall me, neither shall any plague come nigh my dwelling, for the Lord has given His angels charge over me, and they keep me in all my ways. In my pathway is life. There is no death. I am not dying anytime soon, devil!

I am a doer of the Word of God and am blessed in my deeds. I am happy in those things I do because I am a doer of the Word of God. I take the shield of faith, which is the Word of God and quench every fiery dart that the wicked one brings against me. Christ has redeemed me from the curse of the law. Therefore, I forbid any sickness or disease to come upon this body. Every disease, germ and virus that touches this body dies instantly in the name of Jesus. Every organ and tissue of this body functions to the perfection God created it to function. I forbid any malfunction in this body in the name of Jesus. I am an overcomer. I overcome by the blood of the lamb and the word of my testimony. I am submitted to God, and the devil flees from me because I resist him in the name of Jesus. The Word of God is forever settled in heaven. Therefore, I establish His Word upon this earth. Great is the peace of my children, for God teaches them.

Remember, giving up the debilitating influence of worry is one giant step toward a life well-lived!

CONTRIBUTORS



Adaora Ayoade



Chinwe
Mgbenwelu-Osondu



Bunmi Apampa



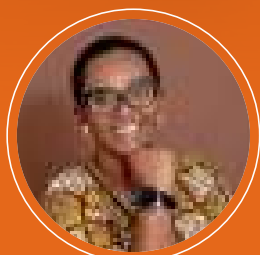
Judy Kunu



Bunmi Akingbade



Oluwaseun Aderemi



Sandra Iheancho



Patricia Akinlotan



Kemi Moronfolu

If this guidebook has inspired hope and encouragement in you, and you wish to obtain further information about W.H.I.P., please don't hesitate to get in touch with us. May God bless you abundantly. You can reach us via telephone at ???, through email at info@warriorshighinpraise.org, or by visiting our website: at www.warriorshighinpraise.org
+234 809 788 1001

We would
worry **less**

if we praised
more

– Harry Ironside