# AVOIDING WORRY While You Wait

When we are wailing for God to answer a prayer—especially over a long period of time—we can slip into worry disappointment, fear, guilt, or other emotions that signal that we haven't placed our lull trust in God.

Jesus said, "do not worry about your life" (Mt. 6:25). Here are some ways to avoid worry during the wait:

• Learn faith-building Scriptures to use when fear threatens to con­sume you. Ask God for Scripture promises, personalize them for your situation, and cling to them.

• Ask a prayer partner or partners to "wait" with you in prayer.

• Let go of judgment and Unforgiveness (see Mk. 11:25).

• Don't give up. It's always too soon to stop praying. Be tenacious in your belief that God has a solution to your dilemma. Hold on to your faith that with God, no situation is hopeless.

• Don't dwell on the negatives. In the natural, things may seem very wrong; focus instead on the answer that is on the way (see Mk. 11:23-24).

• Don't be a captive to grief, anger, disappointment, or anything else that keeps you from believing the promises of God and receiving His comfort.

• Praise God, even before you see evidence of His intervention. Offer Him praise and thanksgiving because of who He is—a God of love, faithfulness, holiness, and justice (Dt. 32:4). When we praise God despite negative circum­stances, we affirm His power and victory over those circumstances.

• Don't box God in with your own expectations or timetables. Avoid the temptation to tell Him how you want your prayers answered and when. Remember that His ways are higher than our ways (Ts. 55:9).

• Cling to Scriptures that comfort, committing them to memory. Portions of Psalms 23, 46, and 121 are good examples.

### A Prayer

"Lord, in the midst of my tough time, I need Your strength. Help me to praise You in spite of the circum­stances, and to hang on in faith, believing that this situation will eventually pass. Lord, during my waiting time, I want to emerge better and more Christlike—not bitter and resentful. Help me to reflect Your glory in my attitude, my behavior, and my character. Thank you, Lord Jesus, for suffering for me. Amen.

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