**APRIL 2025**

**DO NOT BE ANXIOUS ABOUT ANYTHING**

Dear Friend:

First, I give honor to the King of Kings and Lord of Lords, my Lord and Savior, Jesus the Christ.

Let me start our teaching this month with a question. How much time do you spend worrying about things that usually never happen? And, when you worry about something, does it improve the thing that you were worried about? I probably have the answer to these questions and that would be no.

The instance you begin to worry or feel **anxious** about something, take your concern to God in prayer. I know that this is easier said than done. However, this is exactly what the Lord instructs us to do according to **Philippians 4:5-6 (NIV**). Let’s read that now*:* *Let your gentleness be evident to all. The Lord is near.****6****Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

Then the Word of God encourages us when we do what **verses 5 & 6** say, we can have what **verse 7** promises. *The peace of God will fill our hearts and minds in Christ Jesus*. Prayer is powerful against worrying, it’s always best to pray about everything, instead of worrying.

Will this be easy to do? The answer again is no; especially if you have worried all of your life and it has become a habit. But, with commitment on your part and God’s help, it can be done and you can conquer and overcome worry.

However, it will definitely take a decision of your heart, to not worry, but pray. When negative thoughts come, and they will come, make a choice to fill your mind with positive ones. Fill your heart and mind with the Word of God.

Mennie and I are so grateful to God for you being a team member with **BTBAB Outreach Ministries**. Your love, prayers and support are a tremendous blessing to the ministry. We know that God has and will continue to multiply His blessing back into your life so that you can continue to **Be Blessed To Be A Blessing**!

In His Will,

Dr. Joseph Morrison, D.Min

**SCRIPTURE FOR THE MONTH: PSALM 115:12-13**