

HOW TO DESTROY THE WORRY HABIT

KENNETH AND GLORIA COPELAND
ORIGINAL AIR DATES: JULY 11-15, 2016
AIR DATES: JANUARY 20-24, 2020

DAY 1 – MEDITATE ON THE WORD OF GOD

Meditate on The WORD of God, and receive from the Holy Spirit the way to obey His WORD. Follow God's direction because He knows what to do. Then, you will prosper wherever you go, and you shall succeed!

STUDY IT

- Whatever you meditate on, whatever you think about all the time is your “base.”
 - What you think about all the time forms into words, and you begin to believe them in your heart.
- If something is not from faith, it is from fear (Romans 14:23, *KJV, AMPC*).
 - Doubt is fear-based and fear-dependent.
 - Fear connects you to the devil the way faith connects you to God.
 - If you continually put fear into your heart, it will choke out faith in God's WORD.
- You have been born again and have become a new creation (2 Corinthians 5:17-18).
 - The “old man” died. You are a “new man” in Christ Jesus (Ephesians 4:24).
- God gives His WORD to bring faith, and then He gives His command (Joshua 1:1-9, *KJV, AMPC*).
- God commands, “Fear not!” Speak only God's WORD.

Additional scriptures: 1 Peter 1:23; John 10:10; 1 John 4:18; Luke 8:50;
Numbers 13:31-33; Romans 10:17; 1 Kings 17:13-16; John 10:29;
2 Corinthians 2:14; 1 John 4:4; Jude 20

MAKE IT PERSONAL

Write two promises of God found in the Bible. Think about how they pertain to you.



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DAY 2 – THE POWER IS IN THE WORD

The power of God is available in His WORD to break any habit you may have, including worry. Agree with God's powerful words, and what He has planned for you will happen.

STUDY IT

- Anything that is not done in faith is sin (Romans 14:23).
 - If you're not operating in faith, you're not connected to God, even though you're born again.
- The devil can't do anything *to* you apart from fear, any more than God will do something *for* you apart from faith.
- All people who hear God's WORD have the opportunity to be *good ground* (Mark 4:14-20).
 - All people who hear The WORD have the temptations of the devil, cares of this world and deceitfulness of riches, to keep The WORD from working.
 - The words that come from your heart to your mouth and out of your mouth are part of the seed-growing process.
- Once God gives the command, He is at the battlefield arranging your victory.
- Don't stay in worry when God has already redeemed you and arranged for your victory!

Additional scriptures: John 10:10; 1 Peter 5:8; Proverbs 10:22; Genesis 1:28; Luke 8:41-55;
Romans 10:17; 1 John 5:4; Joshua 1:8, 2:9-11; Numbers 13:33;
Romans 13:8; Job 2:9; Galatians 3:13; Psalm 34:10; 2 Peter 1:4;
Mark 11:24

MAKE IT PERSONAL

Make this declaration daily:

I will stop worry and fear because I choose to trust God and His WORD.



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DAY 3 – THE COMMAND AND THE COVENANT

Anything that does not originate from faith, originates from fear, and it is sin. Faith comes to you and increases in you by hearing God's WORD, so spend time listening to Him.

STUDY IT

- God made a covenant with Abraham in order to restore man back to Himself.
 - When Abraham became a covenant partner with God, he knew how to do what he was commanded to do. You also will know how to do what God commands.
 - There is a spiritual law of covenant. Your part is seeking His kingdom, not seeking things for yourself (Matthew 6:31-34).
 - Be strong and courageous and obey God's WORD. You will be wise in all your doings (Joshua 1:7-8).
- With God's commands comes the covenant promise.
 - Jesus told Jairus, "Fear not (the command)...and she shall be made whole (the covenant)" (Luke 8:50).
 - Be clothed with humility (the command), because God resists the proud and gives grace to the humble (the covenant) (1 Peter 5:5).
- Don't worry another day of your life (1 Peter 5:8-9).

Additional scriptures: Romans 10:17, 14:21-23, *KJV, AMPC*, 8:1-2; Isaiah 43:25;
Genesis 3:17-19, 17:2-8; Psalm 127:1; 1 Peter 5:5-10, *KJV, AMPC*;
Romans 12:3; 2 Corinthians 12:10, 5:21; Ephesians 2:6;
Hebrews 4:16, 10:23; Romans 10:13, 9

MAKE IT PERSONAL

Write a command of God from His WORD and the covenant promise that goes with it:



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DAY 4 – BE FREE FROM WORRY

All the promises of God in Christ are answered with “Yes” and “So be it!” So resist the devil—resist every worry and every care.

STUDY IT

- Anytime there is a command of God, it will be followed by a covenant promise.
 - Example: In 1 Peter 5:5 is the command—submit yourself to the elders, be subject to each other and be clothed in humility.
 - The covenant promise: God resists the proud and gives grace to the humble. He will exalt you. How? Cast all your cares on Him, and He will exalt you above the cares.
- The threefold cord of the curse is: 1. spiritual death, 2. sickness and disease, and 3. poverty and debt.
- The threefold cord of Redemption is: 1. salvation, 2. healing, and 3. Jesus, who is our High Priest.
- The process of persistence is found in Philippians 4:4-9.
 - Rejoice, praise, turn your thoughts to things that are true, honest, just, pure, lovely and of good report.
- Discipline yourself to stay on track.

Additional scriptures: 1 Peter 5:7-10, *KJV, AMPC*; 2 Corinthians 1:20, 5:21, 17;
1 Corinthians 11:24-25, 31; Ephesians 4:26; Hebrews 6:20, 7:8;
Psalm 8:2; Isaiah 10:27

MAKE IT PERSONAL

Pray this prayer with us:

Heavenly Father, thank You for Your commands and Your covenant promises. I hear Your commands and know they are for my good. I obey You and receive what You promised. Thank You, in Jesus' Name. Amen.



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DAY 5 – HOW TO DESTROY THE WORRY HABIT

We rejoice and thank God for the abundance of all things. He blesses us by giving us His favor. God promises to help us win against the temptation to worry.

STUDY IT

- Put all of your worries onto God.
- Deuteronomy 28:1-14 lists The BLESSING of Abraham. Verses 15-68 list the curses.
- Deuteronomy 30:19 gives us the choice to choose life or death. Choose life! God will make it happen.
- In 1 Peter 5:9, the word *resist* is the same as *suffer* in verse 10.
- The battle is in the mind (Philippians 4:6-12).
 - By using your faith, the power of God will take authority over your worries.
 - We fight thoughts of worry with words of faith in God.

Additional scriptures: Galatians 3:13; Romans 8:17; 1 Peter 5:5-10, *KJV, AMPC*;
Isaiah 43:25; Matthew 6:33; 2 Corinthians 10:3-6; John 8:44;
1 John 2:4; Joshua 1:8; Psalm 8:2; Matthew 21:16; Psalm 9:1-3;
Galatians 6:6-8; Mark 4:14-20

MAKE IT PERSONAL

Partner, you can be free from the worry habit by receiving God's favor and believing His WORD. [Click here to share your testimony](#), or [contact us on Facebook™](#).

Not a Partner yet? Join us in [partnership](#) to preach the good news of Jesus Christ from the top of the world to the bottom and all the way around. Call us today at 1-800-600-7395.



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Appendix – Day 2

THE WORD OF THE LORD

DAY 2 – THE POWER IS IN THE WORD

Kenneth Copeland:

The word of The LORD just came to me. The message about your son—Stop worrying right now! It was a mistake. It's a case of mistaken identity. You stand on your faith, and you start praising God. You start shouting and running around the room right now in the Name of Jesus. Thank You, LORD! Praise You, LORD! Let us know. Give us your testimony.