

## DEEP WATER

### TEN WAYS TO CONQUER WORRY

1. Recognize that there is a big difference between nervous worry and healthy concern.
2. Get plenty of rest. Your problems look so much bigger when you are tired than when you are relaxed and refreshed.
3. Do not forget that problems have a way of diminishing in size as you get closer to them. Tomorrow's troubles look so much bigger today than they will look tomorrow.
4. Remember there is just as much chance it will not happen, as that it will.
5. Count on your hidden reserves. You have deep within you sleeping powers which come forth in hours of crisis.
6. Learn to distinguish between those parts of life which you can control and those parts which you cannot.
7. Be wary of jealousy. Other people only look like they do not have a worry. Do not get the idea that worry has singled you out for its victim.
8. Check your goals. You may be worrying over false ambitions which really are not worth the effort.
9. When you are anxious, stop and do something for someone, for a shut-in or a troubled friend. In extending yourself you will lose your frustrations.
10. Count on God. He has handled problems like yours long before you came along. There is just as much Divine power for you as for anyone else. Use His daily help and strength.

A number of years ago a gentleman, going down the Mississippi, got into conversation with the pilot of the river steamer. He asked how long the man had been a pilot on the Mississippi.

"Thirty-five years," was the reply.

"Then you probably know every rock and sand bank in the river."

"No," replied the pilot, "I don't worry about that. There would be too many to look out for. All I need to know is where the deep water is to keep from running aground."

We waste a lot of time worrying about the difficulties which might befall us, and thereby miss out on a lot of the fun of life. If we were to concern ourselves only about steering a course in the safe water we'd have more time to watch the scenery.

# Fear Comes From Wrongful Desires