

40 Days Fuller

Freedom Friday | *Day 31*



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DISCOVER

We have an amazing capacity to imagine and anticipate events. This allows us to be prepared and plan for varying circumstances. At the same time, we can use our imaginary capacity to fill ourselves with constant worry and fear. We might imagine the worst scenario and constantly play it in our minds, believing or dreading that it might happen to us. We may worry that we are not anticipating everything and have a constant anxious feeling of something vague, dreadful and unknown looming ahead of us.

The problem with chronic worry and fear about the future is that it does nothing to help us prepare for or cope with events that may or may not happen. Instead, it robs us from enjoying the present. If we are constantly worried and anxious about what lies ahead, we are unable to see or appreciate what is right in front of us.

The truth is that we cannot prevent everything bad from ever happening. We definitely cannot prevent suffering simply by worrying about it. Yes, pain and suffering may come and losses may occur. However, they are not happening now. Why suffer twice – once in anticipation and again if the painful event occurs?

We can plan for contingencies, and we can take steps to protect ourselves from dangers which may reasonably occur. Then, we can rest and enjoy the present, knowing that right now we are alive and we have the opportunity to enjoy it. Today, practice letting go of worry and fear and instead enjoy the gift of the present moment.

REFLECT / JOURNAL

Are you a worrier? What kinds of things are you constantly worried or anxious about? How has worrying or holding on to fear about the future impacted how you experience the present moment?

Today, choose to let go of worries and fears. When anxious thoughts come, acknowledge your worry, then let it go. It may help to write them down, with the understanding that they have been acknowledged and will be dealt with again in due time. It may also be helpful to lift them to God in prayer. Then, let it go. Whenever you notice the familiar worry creep up, remind yourself that the worry has been acknowledged and/or given to God. Then, once again, let it go. Enjoy the present moment.

PRACTICE



Practice the daily cup ritual



Write "freedom" on your hand, post-it notes, or anywhere you are likely to see throughout the day.



Practice letting go of worries and fears today, by making a choice to enjoy the present.



Share your reflection with the group.



Guided meditation for day 31

**Worry is a
misuse of
your imagination.
- Dan Zadra**