

It is difficult to be angry with a person you are praying for. Therefore, the best way to deal with negative emotions about another person is to pray for them. Likewise, it is difficult to worry when we consider God's promises. So when you start to worry, the best thing to do is to immerse your mind in Scripture to be reminded of God's promises to care for you.

The apostle Peter wrote his two epistles to Christians who were scattered in churches across Asia Minor. 1 Peter dealt with persecutions from outside the churches; 2 Peter dealt with radical attacks from within the churches. In 2 Peter 1:3-4, Peter prescribes a defense for withstanding both situations: God's "great and precious promises" that provide "all things that pertain to life and Godliness". The defense against all sources of worry or anxiety is God's promises found in Scripture.

So when worry rises, go to the Word and meditate on it until the promise of peace is met.
(Isaiah 26:3)

2 Peter 1:3-4 "His divine power has given to us all things that pertain to life and Godliness ... by which have been given to us exceedingly great and precious promises."