



## **How to Overcome Worry: Experiencing the Peace of God in Every Situation**

*Winfred Neely*

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## How to Overcome Worry: Experiencing the Peace of God in Every Situation Winfred Neely Scripture's cure for the worry epidemic

Do you struggle with worry or anxious thoughts on a regular basis? Does your mind get fixated on the same concern over and over? Do you know you should *stop* worrying but repeatedly fail to do so?

*How to Overcome Worry* presents a biblical and practical strategy for this exact problem. Dr. Winfred Neely, who has experienced his fair share of anxiety-inducing circumstances, walks you through Philippians 4:6–7 to help you:

Understand the difference between concern and worry  
Use prayer as a means of grace to overcome worry  
Cultivate gratitude and thanksgiving as an antidote to worry  
Navigate changing seasons and circumstances without falling into worry  
Employ practical strategies for experiencing the peace of God  
Worry is one of the top issues in our world today, even among Christians, and this concise and biblical approach will offer real solutions. In His Word, God tells us to stop worrying, pray about everything, and expect His peace. This is a true promise of Scripture, and this book will help you to lay hold of it.

## How to Overcome Worry: Experiencing the Peace of God in Every Situation Details

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Author : Winfred Neely

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# From Reader Review How to Overcome Worry: Experiencing the Peace of God in Every Situation for online ebook

## Jayne Catherine pinkett says

I was kindly sent this advanced copy in return for my independent and honest review. As I Work in the wellbeing field, I was interested in what this book had to offer to use with some of my clients. It made a refreshing change coming from a section from the scriptures which offered 'food for thought'. It was easy to follow, well written and informative. The exercises were very useful and I enjoyed working with them. We all have too much worry and stress in today's modern times, so I would suggest you give this a try. You may find this lovely book useful as I certainly did. Especially therapists and those who focus on their own wellbeing. Be mindful it is coming from a strong Christian point of view, if that isn't your thing then this might not be for you. I personally didn't find it too heavily religious.

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## Becky says

### Good Things Come in Small Packages!

**PLEASE READ THIS REVIEW ON MY BLOG <http://bookreadingtic.com/2017/05/30/>... THANK YOU!**

Do you live a life of ease with everything falling into place perfectly, or do you have things in life that don't always work out the way you hoped, causing upset and worry? If your answer is the latter, this is the book for you.

The author believes we live in a time period full of worries that modern life is plagued by worries that range from ISIS attacks to staying safe while out shopping. The pressures of life today are great indeed.

Dr. Neely suggests the way we get rid of worry is by not giving in to it, but instead we must turn to God. Additionally, when speaking to Him, include something you are thankful for.

*"Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life."* --Philippians 4:6-7The Message (MSG)

By faith we need to turn our heart, mind and will to God, trusting that He will rid us of anxiety, if we truly give it to Him. Anxiety creeps in when we take our eyes off of God and try to shoulder our burdens ourselves. We must literally take our burdens to God and leave them with Him to escape anxiety. Dr. Neely also urges us to pray--pray about everything--that is the way to conquer worry.

*".... pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."* --1 Thessalonians 5:17-18 English Standard Version (ESV)

This is a small book that is very easy to read, and is packed with good recommendations to combat worrying. It is truly a treasure trove of golden pieces of advice that have stood the test of time for helping and is easy to

understand. Dr. Neely has written something that will touch the heart of anyone who has ever had a worry in their life. I highly recommend this 5-star book.

*“Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? ....Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these.”* --Matthew 6:26-29 New King James Version (NKJV)

Moody Publishers has provided bookreadingtic with a complimentary copy of *How to Overcome Worry*, for the purpose of review. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.

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### **Nathan Albright says**

[Note: This book was provided free of charge by Moody Publishers. All thoughts and opinions are my own.]

In many ways, this book requires a great deal of proper framing of one's expectations. At around 100 pages even when one includes its appendices, and those pages are very small ones as this book could almost fit inside of one of my pockets, this is not a book that offers a thorough treatment of worry and anxiety. The author treats these as synonymous terms, and he also comments that he does not wish to treat clinical anxiety that is the result of trauma [1], but rather the sort of worry that people have as a result of a lack of faith. And that is a thoughtful place for this book to rest, in that it encourages believers to develop a faith in God that gives one peace while not attacking those whose anxiety is the result not of a lack of faith but as a result of traumatic experiences in a fallen world full of broken people. Even to such people who read this book carefully, the author's perspective allows him to avoid blaming while also encouraging others to build their faith.

The author deals with the subject of worry in five chapters. The first chapter examines the troubled waters of worry, and includes what it is that people worry about and how worry is often related to the dynamic between our concern about people and their lack of concern for us. After that the author discusses the bold biblical imperative not to worry, and then spends a chapter discussing the antidote to worry in prayer and cultivating faith and trust in God. The author then spends some time talking about the precious promise for hard-pressed people that He will give us peace, and not expect us to create that peace for ourselves. The fifth and final chapter of the book deals with how we walk in freedom from worry, again, with a focus on prayer and faith and trust in God. After this main section of the book there are three appendices, the first showing a pattern for prayer, the second a list of scriptures to memorize and call to mind to aid in the battle against worry, and the third one a set of questions for individual reflection and group study.

How is one to view this book? Is it a helpful one? I think it can be, although its helpfulness is limited to those who have a belief in the scriptures as a guide to one's life as well as the model of behavior that we seek to attain and who are willing to trust God to work within us the sort of patience and faith and confidence that is necessary to live without worry and in His perfect peace. The author is wise to note that this cannot be done through our own efforts, and is also wise and compassionate to note that some people struggle with anxiety at a deeper level than others because of the experience of deep suffering and evil. It is unclear why

the author does not wish to talk about this at a deeper level, but the fact that he acknowledges it is a noteworthy accomplishment and a way that the book serves as an encouraging guide to overcome worry rather than a bludgeon against those whose anxiety springs from trauma rather than from an absence of faith, given that not everyone who deals with the subject is thoughtful in distinguishing between these two things.

[1] See, for example:

<https://edgeinducedcohesion.blog/2017...>

<https://edgeinducedcohesion.blog/2016...>

<https://edgeinducedcohesion.blog/2016...>

<https://edgeinducedcohesion.blog/2016...>

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### **Mazzou B says**

This is a slim paperback book which will invite even the most timid of readers to peruse its contents. I personally found it the perfect size to slip into my purse for reading on the go.

The chapters are clear, well-organized and purposeful. Men and women alike will benefit from this book by Winfred Neely. At first I did not expect much from such a short book. However, I was pleasantly surprised by the depth and quality within. This may be a short book, but it packs an important message.

Dr. Winfred Neely writes with understanding and wisdom. This is a book which will definitely help the worried Christian learn to place his trust in Jesus' plan. It will also unravel confusion as to where worry begins and why we worry. The author writes each chapter in a kind way, not condemning but desiring to help the reader.

I was very pleased with this book and was struck by the Biblical wisdom pertaining to trusting God instead of worrying. Sometimes you know something but don't really ponder it until reading a book about it....this is such a book.

I received a copy of this book from the publisher in exchange for my honest opinion.

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### **Lovely Loveday says**

How to Overcome Worry: Experiencing the Peace of God in Every Situation by Winfred Neely is a slim paperback that is perfect for travel. A book that is informative and full of scripture. This fast-paced read shares with you what the Bible says about worry and how to turn all your worries over to God through prayer and thanksgiving. I highly recommend this book. A great addition to your daily Bible study.

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### **Create With Joy says**

How To Overcome Worry: Experiencing The Peace Of God In Every Situation helps us to overcome worry and anxiety in our lives by providing biblical answers to the following questions:

- \* How do we overcome anxiety in a worry-filled world?
- \* How do we obtain victory over situations that are charged with anxiety?
- \* When a raging sea of anxiety rises up within our souls, how do we keep ourselves from drowning?

Dr. Neely, a Moody Bible Institute professor, finds the answers to these questions in Philippians 4:6-7:

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Through his exegesis and insights, the author examines the context in which the apostle Paul penned these words and the meaning of key Greek words in the original text. He also provides practical suggestions for how we can experience freedom from anxiety and worry by applying the text to our own circumstances.

The book also includes three extremely helpful appendices at the end of the book that provide readers with a pattern for prayer, additional scriptures to aid in your battle against worry, and questions for individual reflection or group discussion.

How To Overcome Worry is easy-to-read yet filled with practical biblical advice that is essential to our emotional and spiritual well-being.

This review is an excerpt from the original review that is published on my blog. To read my review in its entirety, please visit [Create With Joy](#).

Disclosure: I received a copy of this book from the publisher. The opinions expressed in this review are entirely my own, based on my assessment of this book.

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### **Susan Snodgrass says**

Excellent resource. I come from a long line of worry warts and this book has so many wonderful nuggets here to help a worrier overcome this destructible force. Worry is not of God and is, in fact, sin. Dr. Neely is spot on with the advice here, all scriptural. I plan on referring to this many times.

\*I was given a copy of this book by the publisher, and my opinions are my own.

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### **Janet says**

I was excited to read this book after hearing the author on a local radio station and it exceeded my expectations! It's a short book but is comprehensive in its coverage how to remove anxiety from your mind and replace it with peace. The book also has some appendices that cover further verses related to anxiety & questions that can be used for individual study or in a small group.

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## **Jeanie says**

How do we give up worrying, we give into prayer and the meditation of God's word.

The book is short and reminds its readers what worry does and what prayer and bible reading do to help lessen worry. Worry becomes our way of caring about something we have no control about but many times we become paralyzed with fear and not knowing what to do. Praying and scripture brings it all to perspective of what we cannot control and what we can do.

I found this book to be refreshing and mindful of who God is which I found appealing.

*A Special Thank You to Moody Publishing and Netgalley for the ARC and the opportunity to post an honest review.*

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## **Terry Perrine says**

A Great simple book to help with worry!

Dr. Neely has written an excellent book that relies on a biblical foundation and methodology for overcoming worry. Perhaps the best part of the book is that Dr. Neely is willing to acknowledge that which many of us are not - Anxiety is a Choice! Never accusatory, Dr. Neely understands that we live in a world that is worry-driven. We live with menacing threats like terrorism, economic uncertainty, racial unrest, a breakdown of trust between law enforcement and the citizenry, gun violence, mass shootings, and more. However, Neely explains that we need to remember that we are to be in an intimate relationship with God and that when we are, habitual worry will vanish.

Neely provides a sure-fire way to maintain this intimacy. Do you know what it is? Prayer, of course! Neely defines and explains some components of prayer: Supplication, Thanksgiving, and Requests. He also gets very practical and provides his thoughts on biblical meditation, how to increase your prayer time, and Scripture to help along the way. This short book is equal parts powerful and practical. I highly recommend How to Overcome Worry by Dr. Winfred Neely.

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## **April Jouett says**

### **Growing in prayer to combat worry**

I believe this book does a great job of relating to everyday life. Dr. Neely gives great examples of real life experiences. On top of that there are lots of practical tips and resources to implement into everyday Christian Life. I would encourage anybody looking to overcome worry or just grow in their prayer life to take a look at this book.

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## **Zacarias Rivera, Jr. says**

This book is a concise yet clear exposition of Philippians 4:6-7. Dr. Winfred Neely gives practical strategies on how to overcome anxiety in our lives. I thoroughly enjoyed it and was encouraged by it.

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## **Jessica says**

Worry is something I do incredibly well. So when any book comes across, I gobble it up. I love how Dr. Neely not only helps you identify what is concern verses worry, but he tells you how to handle the worry situation. He also backs up everything he says with scripture, which is something that makes me feel at ease knowing that the author's beliefs line up with mine. Only God can provide you with that soul soothing peace, and Dr. Neely's book guides you through the steps to achieve that.

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## **Valerie says**

I found How To Overcome Worry easy-to-read and filled with practical advice on how to conquer worry.

In his book, the author reminds us of our number one tool against worry; PRAYER!

A large section is dedicated to that subject and I have found that helpful.

Stress, worries and anxiety is all around us but Dr Winfred Neely walks us through Philippians 4:6-7 to help us navigate through hard seasons, cultivate gratitude and apply strategies to experience the peace of God.

I would recommend this book to everyone!

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## **Joan says**

We certainly live in a time when many worry and have great anxiety, including many Christians. Neely considers worry a serious issue and has written this little book to help us overcome it.

Neely reminds us early in the book, “In the New Testament, worry is the sinful response of the human heart and mind to real difficulties and problems in life.” (29) Worry is an expression of unbelief, he says, and “...habitual worry is a trait of someone who is not in an intimate relationship with God (Matt. 6:31-32).” (30)

That really got my attention. Worry is a serious issue! Neely takes “be anxious for nothing” very seriously. But he also gives us great instruction on triumphing over worry. His suggestions are not easy actions. We must trust God, expecting His peace in the midst of problems. He reminds us of the enabling power God provides, of the necessity of taking everything to God in prayer. We must be making the choices to exercise faith and trust in God, requiring living in the power of the Spirit.

Neely has included useful Appendixes. The first is a good one on prayer while the second gives a number of Scriptures for suggested meditation. The third includes questions for individual reflection or group

discussion.

This is a short but powerful book. Neely doesn't hold back in reminding us of the seriousness of the sin of worry. I am impressed with his instruction. He uses stories from his own life as illustrations.

I recommend this book to those who are willing to face their worry and begin the serious task of conquering it. You will find a great deal of help in this little book.

I received a complimentary copy of this book through Icon Media. My comments are an independent and honest review.

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