"Which of you by worrying can add one cubit to his stature?" - Matthew 6 V27

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;"
- Philippians 4 V6

The problem of worry arises when we trust in our own abilities rather than trusting God. God is aware of every difficulty we face, He knows our hurdles and He has a solution to all of our problems, so why should we worry? Be thankful and present all your requests to God and cast your cares on Him. The Lord will sustain you when you trust Him with all your heart. Don't worry, only pray, trust Jesus, He is the way.

"And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work." -
Jesus Christ