

*Bishop David Abioye*



# **HOW TO LIVE A WORRY-FREE LIFE**

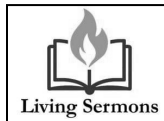
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# How to Live a Worry-Free Life

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*Publisher: [LivingSermons.com](http://LivingSermons.com)*

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**Title: How to Live a Worry-Free Life**

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## **Foreword**

*In a world driven by pressure, comparison, and endless pursuit, worry has become one of the greatest silent burdens of our generation. It steals peace, weakens faith, clouds vision, and often keeps many from walking fully in the purpose God has ordained for them.*

*In this timely and profound teaching, *How to Live a Worry-Free Life*, Bishop David Abioye brings divine wisdom with remarkable simplicity and clarity, exposing one of the hidden roots of worry—unhealthy competition and misplaced focus.*

*This book is more than a teaching—it is a call to rest in God’s plan, embrace contentment, and pursue personal growth without the burden of comparison. Every page carries liberating truths that can reposition the reader for peace, fulfilment, and a healthier spiritual journey.*

*At LivingSermons.com, it remains our commitment to preserve and publish timeless Kingdom teachings that strengthen believers across generations. We believe this message will serve as a healing balm to troubled hearts and a guiding light for those seeking freedom from anxiety and unnecessary pressure.*

*As you journey through these pages, may your heart find rest, your vision become clearer, and your confidence in God’s unique plan for your life be fully restored.*

*Read prayerfully. Reflect deeply. Walk freely.*

**— Wisdom Epsi**  
**Chief Editor, LivingSermons.com**

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## ***Publisher's Note***

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

Watch the live sermon from which this message was transcribed on YouTube, **at the *[Pastor David Ogbueli Official Channel](#)***

Livingsermons.com does not claim ownership of this message. All spiritual credit and ministerial authority belong to the preacher through whom the Word was delivered. Our role is that of stewards and editors—serving the Body of Christ by preserving and distributing life-giving messages in accessible digital formats.

Our commitment is excellence without dilution.

Our standard is reverence for the Word of God.

Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— ***Livingsermons.com***

***A Spirit-led Publishing Stewardship***

## ***Main Message***

*Begins Here*



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## *Introduction*

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What a wonderful day to have you listen to this broadcast at this moment. It is always my delight, and I wish you the best of God as you follow our line of thought at this time.

One of the issues of life is worry. Worry comes the way of all men, but the path through which it comes is very important for us to examine. I have discovered that there are many things people worry about that they should not.

## ***The Root of Many Worries***

Most worries are allowed into our lives when we shift our focus from God-ordained duties, functions, and callings to looking at others and what they are doing.

Contentment in life is an inner gift from God, and when you manage it well, you find fulfilment, joy, and peace. Looking here and there at what others are doing can be worrisome. It can even cause a breakdown because of the tendency of competition that it breeds around you.

There is so much inside each person to make him live a contented life.

## ***Distinction Is Not Competition***

Someone may ask, “But we live in a highly competitive world; how do I stand distinguished?”

You do not struggle to become distinguished in life. This is where many people miss it.

Distinction is not a function of competition with others. We must understand that becoming distinguished in life is never the outcome of competing with others, but rather of looking inward, bringing out the talents in you, displaying the gifts of God in you, and pursuing His calling upon your life.

One way to become worry-free is to initiate freedom from competing with others.

I can tell you this: if you get yourself free from competing with others, you will live a worry-free life. It is a sequence; it is a process.

Get yourself free from competing with others and what they are doing, and I can assure you that you will live a much more worry-free life. You will live long. You will live contented. You will live satisfied. And you will not miss your distinction.

## ***Focus on God's Plan for Your Life***

One thing you must keep doing, therefore, is learning to compete with the plan of God for your life. Set your eyes on your vision rather than putting your eyes on others and what they do.

Competition with others is about diverting your energy towards winning over others in a contest. Often, it brings rivalry and contention and may even grow into blackmail, all in a bid to be seen as better than others.

This happens all across the globe, ranging from politics to ministry, church ministry, professional careers, and every sphere of life. People pursue after what others are doing, trying to blackmail them or bring them down so they can rise.

But in the journey of life, you do not have to bring anyone down for you to rise.

Everyone has a track to follow.

Everyone has a space to occupy.

Everyone has a place to display.

If you focus on your calling and on your vision, there is too much for you to exhibit than to have enough room to carry on yourself what others are doing. This is what you should do, therefore: in competing with yourself, strive to improve on yourself with set goals in the context of your God-ordained and established clear vision.

Then you will discover that instead of diverging your energy, you are simply converging your energy to drive and thrive in your endeavour.

If you can spend just ten per cent of the energy you use in competing with others on yourself, I can assure you that you are bound to thrive in life.

## ***Compete With Your Potential***

Competition focuses on personal achievement or ambition to outshine others, and this can breed worry beyond what is necessary.

Instead of focusing on yourself, you begin to think:

“What do people think of me?”

“Do they think I am a failure?”

These are things you should stop worrying yourself about so that you can use your energy to pursue the plan of God for your life. Please note that competing with yourself is key to the fulfilment of your vision. It helps you improve on your previous records and end up living anxiety-free. Of course, you can be inspired by what others are doing, but never at any time should you compete with the results or achievements of others.

God has a plan for each person.

Your Assignment Is Unique

Do not use somebody else's result to put yourself under pressure because his result, as marked by God, is different from yours. We are made of different moulds, placed on different tracks, and in pursuit of different goals.

As you maintain your uniqueness in what you are designed for and what you are assigned to, internalised competition is better than externalised competition.

What am I saying in summary?

Contest with your potential and not with the persons around you. May I remind you that it is what God has designed you for that He will assign you to. So find out what He designed you for—that is your assignment.

Take your eyes off who others are, what stuff they are made of, and you will discover that fulfilment and contentment will become your portion.

## ***Closing Charge***

Wake up to this reality, my friend.

Look up to a brighter tomorrow.

I am waiting to hear your testimony.

Until I come your way again, God bless you mightily.

In Jesus' precious name, amen.



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## *About the Speaker*

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*David Abioye is a respected Nigerian cleric and the Global Lead Pastor of the Living Word Conquerors Global Assembly.*

*He is widely recognised for his decades of faithful service in ministry and his long-standing role within one of Africa's most influential church movements. He previously served as the First Vice-President of the Living Faith Church Worldwide (Winners' Chapel), where he contributed significantly to leadership, teaching, and the expansion of the ministry's global reach.*

*His ministerial journey is also marked by a notable season of loyal stewardship under his lifelong mentor, David Oyedepo. This mentorship has shaped both his doctrinal foundation and leadership expression, reflecting a legacy of faithfulness, structure, and kingdom expansion.*

*Through his teachings, he remains a consistent voice of wisdom to the Body of Christ, particularly on matters of spiritual growth, leadership development, and sustainable kingdom success.*

### **Connect with Bishop David Oyedepo:**

- [Official Facebook Page](#)
- [YouTube Official Channel](#)
- [Official Instagram Account](#)



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## *About Living Sermons*

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### **Our Vision**

*To become the world's largest digital platform for ebooks transcribed from live sermons, preserving and spreading the spoken Word of God across nations and generations.*

### **Our Mission**

*At [LivingSermons.com](http://LivingSermons.com), our mission is to take the living voice of God spoken through His servants and transform it into accessible PDF resources, making salvation-centred truth available to the ends of the earth. We believe that the spoken Word carries divine power, and by preserving these messages in written form, we help extend their reach beyond pulpits, borders, and generations.*

### **Why We Exist**

*Many life-changing sermons are preached and forgotten with time. We exist to preserve these divine utterances, making them available for study, meditation, discipleship, and spiritual growth. Through this work, we are committed to ensuring that no revelational truth is lost, but that every inspired message can continue to speak, heal, transform, and bring men into the knowledge of Christ.*



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## *Join Our Team*

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*Let us preserve God's spoken Word together and take the Gospel further.*

*LivingSermons is raising Kingdom-minded volunteers across the world to help transform live sermons into lasting digital resources. If you have the burden to serve and the skill to contribute, there is a place for you.*

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- ***Transcribers:*** *Convert sermon recordings into accurate transcripts.*
- ***Editors:*** *Refine transcripts into polished, readable eBooks.*
- ***Bloggers:*** *Create SEO-friendly posts to announce and distribute newly published books.*
- ***Social Media Managers:*** *Share books online, grow our reach, and engage our global community.*
- ***Language Translators:*** *Help translate sermons into different languages so more people can access the truth.*
- ***Graphics Designers:*** *Design book covers, promotional materials, and visual content for outreach.*

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