

The Weight of What-If

Kristianne Wargo | Create Your Now

"If everything is lived in what is not, how can you be present with what you've got?" ~ Kristianne Wargo

You've done it before: lying awake at night replaying a conversation that hasn't happened yet, mapping out every worst-case scenario before getting out of bed. You've carried the weight of what-if, and you didn't even realize how heavy it was until you couldn't stand up straight anymore.

Fear-based thinking doesn't always look like panic. Sometimes it looks like planning. What a concept!

It's the mental rehearsal of everything that could go wrong — the "what if" spiral that quietly hijacks your peace and steals the present moment right out of your hands. And it's time to set it down.

That's the danger of "what-if." It sabotages the present, only leaving the past and the future to deal with — both of which you have zero control over. You can't undo yesterday. You can't micromanage tomorrow. But you *can* lose today trying. And that's what worry does. It doesn't protect you. It doesn't prepare you. It robs you.

"Worry does not empty tomorrow of its sorrow, it empties today of its strength."

— Corrie ten Boom

Every ounce of energy you're spending on "what if" is an ounce you don't have for "what is." You are draining yourself of the very strength you need for the moment you're actually standing in.

And God's Word is clear about this. 2 Timothy 1:7 tells us:

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

— 2 Timothy 1:7 (KJV)

Listen up! God hath not given you the spirit of fear. He gave you power. Love. A sound mind. That means every time you spiral into "what if," you're picking up something He never handed you. You're carrying a weight He never placed on your shoulders.

Jesus Himself addressed this head-on:

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

— Matthew 6:25–26 (NIV)

If God feeds the birds, how much more will He take care of you — the one who calls His own?

Don't get caught up in the what-if. Think about what happens after trusting in faith. W.H.A.T.-I.F.!

The K.I.S.S. ~ W.H.A.T.-I.F.!

What Happens After Trusting In Faith?

So let's get honest for a second.

What is too heavy for you to carry alone?

What keeps you up at night?

What do you need to let go of in order to be fully present — right here, right now?

Because those “what-ifs” are not just thoughts. They are weights. And if you want to drop the weight, you start with the what-ifs.

WRITE down every “what-if” running through your mind right now. Get it out of your head and onto paper. When worry lives only in your thoughts, it grows in the dark. Naming it brings it into the light — and light is where God does His best work.

HAND each one to God in prayer. Literally say it out loud: “I can't carry this. It's Yours.” Don't just think it — speak it. There is power in surrender that is spoken, because the same mouth that spirals into fear can declare faith.

ANCHOR yourself in one truth today. Choose one scripture — maybe 2 Timothy 1:7, maybe Matthew 6:25–26 — and come back to it every single time the “what-if” tries to pull you away. Truth is your tether. Let it hold you.

Here's what I want you to walk away with today. “What-if” is not discernment. It is not wisdom. It is worry dressed up in productivity's clothing. And you were never meant to carry it. God didn't design you to live in a future that doesn't exist yet. He designed you for *now* — create your now — this breath, this moment, this day.

So flip the script. Instead of asking, “What if everything falls apart?” — ask, “What happens after I trust God with it?” That's the real W.H.A.T. I.F.: What Happens After Trusting In Faith.

You know the answer: freedom, peace, and presence. The ability to actually *live* instead of just bracing for impact.

Drop the weight. Pick up the truth. And create your now.

One step at a time leads to miles of greatness. — Kristianne Wargo

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Reflection

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Mind Made New

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W.H.A.T. I.F.

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