

Why Worry

By Red Miller

Some people spend an awful lot of time in their life worrying. They worry about grades in school, job interviews, approaching deadlines and shrinking budgets. They worry about bills and expenses, rising gas prices, insurance costs and endless taxes. They even worry about having their home in perfect condition for “company,” and within seconds of their arrival, the house is turned upside down and no one even notices. They worry about first impressions, political correctness, identity theft and contagious infections. In spite of all the worrying, they are still alive and well, and all the bills are paid.

For many people, worrying accounts for hours and hours of invaluable time that they will never get back. Constant worrying takes a heavy toll. It keeps you up at night and makes you tense and edgy during the day. So why keep worrying?

Telling ourselves to stop worrying doesn't always work. You can distract yourself or suppress anxious thoughts for a moment, but you can't always banish them for good. In fact, trying to do so often makes them stronger and more persistent.

Jesus tells us in, Matthew 6:25-34. “. . . I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more important than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are.”

Don't worry about anything; instead, pray about everything. (Philippians 4:6)

When we keep our eyes focused on God, we remember his love for us and we realize we truly have nothing to worry about. God has a wonderful plan for our lives, and part of that plan includes taking care of us. Even in the difficult times, when it seems like God doesn't care, we can put our trust in the Lord and focus on his kingdom. God will take care of our every need.

Here's a formula to remember: Worry replaced by Prayer = Trust.

In all my prayers for all of you, I always pray with joy. Philip 1:4