

Worry?

We as humans worry about so many things. We worry about this and that. We worry about our children, our grandchildren and our great grandchildren (no matter how young or old they are), our spouses, our jobs, our health and anything else. We can worry if it is going to be rainy, snowy, warm, cold or sunny. We have no control over the weather, no control over our grown children, our spouses and especially the weather. We worry about what others think of us. Some of our worries may be valid, but most of the time, we have no control as to the outcome—good or bad.

Unfortunately, if we do not have anything over which to worry or fret, we then get ourselves all worked up because everything is going so well. We wonder when the other shoe is going to drop and something bad will happen. Our anxiousness is over much ado about nothing.

We are told in the “Serenity Prayer”: (1) to change the things we can, (2) to accept the things we cannot change and (3) to know the difference. In other words, if I cannot change the situation, let it go. God is in control.

We are told in Matthew 6:25-32 that, we are not to worry about what we are going to eat, what we are going to wear and where we are going to stay. God takes care of the birds, flowers and grass. We are much more important than these things. God will take care of us. We are only promised today—right now. Do not worry about yesterday, it is over, and you cannot change it. Do not worry about tomorrow, it is not here yet, and we are not promised it will come.

Philippians 4:6-7 reads, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” We are to turn our problems over to God. We do not generally turn to the Lord until we have exhausted all else. We should go to God in prayer at the start of our problems. We should also be praying to God even when things are going well.

In Matthew 6:33, we are told to seek God and His kingdom first. If we do as God has instructed us, He will take care of us. This is not to say we will never have any hardships. Yet, with God’s help, we can handle anything! So, let us all do as we have been instructed by God in His Word. I understand this is much easier said than done, but with God all things are possible. In Philippians 4:13, we are told that we can do anything through Christ who strengthens us.

I am not saying that we should not be concerned about different things in our lives. I am saying that we are not to worry to the point we make ourselves sick. Also, we should not be so miserable that we make all those around us miserable. The best solution to this problem is to turn our worries over to God through prayer. How do we do this or face our worries? First, pray to God for help. Second, ask others for prayers. Third, pray to God some more.

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