

WHY WORRY?

Our world has many of us living in the fast lane. So much to accomplish and so little time. We have problems on every front. The results-we worry. Stress is the number one health problem in our country, Let us examine Christ's prescription for worry.

Life is more than temporal things. "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?" {Matthew 6:25} Recognize what is really important and focus your energy on that-your soul!

God will care for us. "Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?" {Matthew 6:26} Worry shows a lack of trust and faith in God. See how God provides for these little things in nature? He will surely take care of His own children.

Worry doesn't help "Which of you by worrying can add one cubit to his stature?" {Matthew 6:27} Worry is like a rocking chair. It will occupy your time but you're not going anywhere! What changes when you worry? Does it solve the problem? Worry can be a waste of time. Spend that time doing something productive to help what you are worrying about.

Seek God first. "But seek first the kingdom of God and His righteousness, and all these things shall be added to you. " {Matthew 6:33} When one truly seeks God and has His will first in their life, many of our problems will be solved before we need to worry.

Live one day at a time. "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. " {Matthew 6:34} Some people get three doses of trouble. **First in anticipation, second in actual realization, and third in living it over again and again.** Most of the time we spend worrying is about trouble that never comes our way. Live for today, yesterday is gone, and we have no promise of tomorrow. Just take one day at a time! ***