

# WORRY CAN STEAL OUR JOY

By Keith Greer

"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? 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 6:25,26}

Worry robs us of joy. It is not wrong to be anxious about things over which we have some control; but needless, endless worry about many things in our lives does little more than make us miserable. Sadly, many Christians fail to put their faith to work in dealing with life's issues.

One of my favorite poems is the **Serenity Prayer**:

***"God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as He did, this sinful world as it is, not as I would have it; trusting that He will make all things right if I surrender to His will; that I may be reasonably happy in this life and supremely happy with Him forever in the next."*** By Reinhold Niebuhr

Christians need to remember who is in control of this world. We have free moral agency and, therefore, can make terrible choices. Unfortunately, other people's choices can also bring terrible consequences in our lives. Christians should be people of prayer {1 Thessalonians 5:17}; people of faith {Hebrews 11:6}; people of courage {Romans 8:31}; people who put Christ first in their lives, despite the hardships of life {Romans 8:35-39}.

Life can sometimes be tough; don't make it more difficult than it has to be. Make good choices; work and do your best; make prudent plans for the future; then turn the rest over to God. Christians can trust after doing all that lies in their control to accomplish— then wait on God. Unfortunately, that always seems to be the difficult part. \*\*\*