The Good News

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The Issue of Worry

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Do you worry? Of course you do, you're human, right? Perhaps you worry about getting all the bills paid every month. Maybe you worry about keeping your family safe from harm. Whatever the root is, there are always situations in life that can cause us anxiety if we let them. It is human nature to think about people, events, and issues in our lives. It is also very natural (and tempting) to let those thoughts and concerns become worry and let them take up most of our attention.

When I was younger, an older fellow at church told me, "Take care of the things you have control over and let God handle the things you don't. If you think like that, you won't have time to worry and you'll trust God a whole lot more." As I grow older, it seems every year the wisdom in those words becomes more pronounced.

I often must remind myself, amid my own thoughts, that most of the issues I worry about I have no control over anyway. Maybe that's why it's so tempting to worry about them. Seems like the issues we can fix and control, we don't worry about as much. We just delegate those problems to our "honey-do" lists and move on. Yet, it's the issues that we can't control that are so consistently nagging in our minds. We cannot control the ebb and flow of life any more than we can control the weather, yet we try anyway.

Jesus says, "*Which of you by worrying can add one cubit (length of time) to his stature (lifespan)?*" (**Mt. 6:27**) Can we? Can we add years to our life or do **anything** profitable by worrying? Jesus says again, "*Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.*" (**Mt. 6:34**) Jesus says that today has enough problems in it with which to concern myself without adding tomorrow's concerns as well.

Paul writes, "*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known unto God.*"

(**Phil. 4:6**) Essentially, Paul says, "Don't worry, pray." Give God all those cares that are running rampant in your head and trust Him to take care of them. He is the only one who can control them, and He alone has the power over these issues. We don't have control, and that's usually exactly **WHY** we tend to worry…because it's the only thing we feel we can do. So instead of worrying, what should we do instead? Paul tells us to pray, and Peter tells us we need to humble ourselves as we pray. "*Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care (anxiety) upon Him, for He cares for you.*" (**1 Pet. 5:6,7**). Consider that a moment: God, in all His awesome Power, Splendor, and Glory, the Creator of the world and the stars in heaven, the Creator of all living things, cares for me. He cares for you. He cares enough that He tells us that He wants us to cast our cares upon Him. We are to let Him take care of those issues and problems that cause us to lie awake in bed at night tossing and turning. To give Him the worries and fears that threaten to distract us throughout the week.

The real question we need to ask is, "Do I trust God?" God's Will will be done, and we must learn to trust that He knows best. There may be times when issues or problems are not resolved the way we would like for them to be, and some of our concerns or fears may come to pass…but would worrying about it have changed the outcome? Are there times in our lives when we will need to have concern and allow ourselves to dwell on a problem? Certainly! It's important that we analyze a situation or problem to determine if there's anything we can do and, if so, what our course of action should be. But when those thoughts begin to distract us from our trust in God and our service to Him, we must cast our cares upon Him. Let's make sure we remember that we are to "*Seek first the kingdom of God and His righteousness and all these things shall be added unto you.*" (**Mt. 6:33**).