

June 22, 2021

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God.”

Are you one of those people who struggle with **worry**? If so, what **adds** to your worry? (I believe focusing on it and going over and over it again.) What helps you to worry **less**? (For me, it’s putting it in God’s hands.) What **reassures** you about God’s care for you? (I’m 92 and still able to walk and drive!)

In the Bible we read, **“Do not worry about anything”** instead, **pray about everything**. So, tell God what you need. Then **thank** him for all he has done...and relax!

The antidote to worry, according to Jesus in Luke 12, is the **assurance** that comes from **God’s care for us**. God cares for us more than we realize. My life may **not** go exactly how I’d like it to, but what better place to be than in the strong and safe **hands of God**.

A suggestion. Rather than trying to **stop** or **get rid** of an anxious thought, try giving yourself **permission** to have it, but **put off dwelling on it** until later. Write your worries down. Create a **“worry period”**, a **set time** and **place** for dealing with your worries.

Then, you will be free to **enjoy** the rest of your day! (It’s worth a try!)

It has been said that “if you worry a lot, it means you **don’t** have **faith** in God.” Makes sense because **worrying** doesn’t **change** anything. **Prayer does**. Jesus **asks** us not to worry about tomorrow. He **invites** us to turn everything over to **him**. He can handle it and he will. **Trust** and **believe**. (Notice I use the words **“asks”** and **“invites”**.) We have a choice!



However, because we are human, we **do** worry. We worry about things that impact our lives as well as about things far beyond our control. **Jesus**, as he did centuries ago, urges us **not** to worry. **Freedom** from worry comes from **trusting God** with our whole lives. This **doesn't** mean our lives will be free from pain. But it does mean that **God** will work in all things for **good**.

So, remember, carve out a **little time** each day to tell the Lord your **problems**, worries and fears. Then, be free and **enjoy** the rest of the day!