

Worry Buster

Written by Bill Perkins

I've got a close friend who is a chronic worrier. I asked him once if he ever noticed that most of the things he worries about never happen. He smiled and said, "Yeah, I noticed. Just goes to prove worrying works."

“Worrying Works”

The truth is worrying never accomplished a thing except ruining the present. Worry does nothing more than pull tomorrow's clouds over today's sunshine while it wears away our faith, robs us of sleep, and occasionally produces an ulcer or heart attack. Of course, recognizing the harmful effects of worrying doesn't make us stop. But the words of Jesus might.

In Matthew 6:26-33, Jesus gave us six reasons for trusting in God rather than worrying. His words make as much sense today as they did back then.

First — the Greater Gift

First, since God gave us the greater gift of life, he will also give us the lesser gift of food and clothing (v. 28). To put that illustration in contemporary terms--if a father gives a child a car, won't he also give him the keys? Of course! So as long as you have breath don't sweat the small stuff like food and clothing.

Second — the Birds

Second, the God who provides for the birds will provide for us. After all, we are of greater value than any bird (v. 26). To help you remember this, the next time you see a bird--let its presence remind you of how much God loves you and promises to meet your needs.

Third — Worry Changes Nothing

Third, worry doesn't change a thing (v. 27). Like a man in a rocking chair, worry consumes energy, but gets us nowhere.

Fourth — His Faithfulness

Fourth, worry ignores the faithfulness of God (vv. 28-30). The same God who so wonderfully clothes the flowers of the field is responsible to care for us. Every blossoming flower is a reminder of God's faithfulness. Fifth, we are God's children (vv. 31-33). He will never treat us like orphans who need to fend for themselves.

Finally — Today

Finally, when we worry about tomorrow we miss out on today. Any problem we face can be handled, with God's help, one day at a time.

The next time you're under pressure, pray for the grace you need to depend on God. Remember that if you've obsessing on thoughts that contradict what Jesus promised, those thoughts are a lie and will trigger the release of toxic emotions that could lead to hopelessness, despair, and depression. Focus on the Lord and his promises and the toxic emotions will wash away and be replaced with his joy. Give it a try this week and see what happens.