

## Do not worry.....Matt 6:25-34

Why worry when you can pray trust in Jesus for he knows the way.....goes the old song, Well Jesus in his teachings was very clear about the perils of worrying. Whether one is worrying about just the basic requirements of life or greater issues of life, worrying in itself is not going to resolve any issues. Jesus said learn from the birds of the air and the flowers in the field and try to grasp how the heavenly father cares for them. If heavenly father feeds them how much more valuable his children are and his care for them. Because of the ill effects of worry, Jesus tells us not to worry about those needs that God promises to supply. When we worry we choose not to trust God. Worry can be very destructive emotions that reveal a lack of faith that God loves us and is in control. Instead of worrying about what we cannot do we need to focus on what God can do. Do not worry does not mean that we should not plan for our future, for there is a great difference between planning and worrying. Planning for the future is time well spent, worrying about tomorrow is time wasted and it immobilizes an individual. Careful planning involves setting goals and setting schedules and still trusting God to guide us.

Worrying is like a rocking chair it will give you something to do but will get you nowhere. (Anon)

Worry is pulling tomorrow's cloud over today's sunshine. (Anon)

Worry relates in all the three tenses. We worry about the past the lost opportunities, the blunders we have committed and so many things that we cannot go back in time and fix it. Apostle Paul using the analogy of athletes says we have to forget what's behind and press on toward the prize that is before us. We Can't dwell on the past, or deliberately forget about the failures and the problems of the past. (Philippians 3:13-14)If one tries to carry the burdens of the past it will weigh him down and will affect his future. If worries are due to the wrong suffered in the past it needs to be resolved through forgiveness, Worries which are related to the sins that we have committed in the past needs repentance. Worries that are due to unsettled obligations needs to be settled by complete restitution. Unfortunately worries are not always associated with the past but people worry about today and the future. James in his epistle is clear as to what should our attitude be concerning tomorrow. James 4:13-15 reminds us that we should not even presume that tomorrow will come. When we worry about the future we show our lack of trust in God and his word.

Each day has enough trouble of its own. God can and will give us sufficient grace to tackle the problems and issues of our everyday life. But how often we tend to tap in to the current grace to tackle the would be problems of the future and thereby forfeit the peace of mind and grace that we need today to tackle the current issues. Grace, like manna in the wilderness is a daily provision. We cannot store it up for morrow's challenges nor can we get an advance for the

issues that await us today. We as children of God need to trust God to enable us to meet the current and all future challenges of our lives.

Apostle Paul writing to the Philippians reminds them “Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concern” Philipians 4:4(TMSG).The solution according to Paul is not the elimination of worry but rather replace it with prayer. When we spend more time in prayer we will worry less. For prayer will help us to depend on God and rely on him for every situation in our life that we cannot control.