

needless worry

"therefore do not worry about tomorrow, for tomorrow will worry about its own things. sufficient for the day is its own trouble." matt 6:34

and now, a short article:

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a fog covering seven city blocks is composed of 1 glass of water

according to the bureau of standards, "a dense fog covering seven city blocks, to a depth of 100 feet, is composed of something less than one glass of water." so, if all the fog covering seven city blocks, 100 feet deep, were collected and held in a single drinking glass, it would not even fill it. and this could be compared to our worries.

if we can see into the future and if we could see our problems in their true light, they wouldn't tend to blind us to the world, to living itself, but instead could be relegated to their true size and place. and if all the things most people worry about were reduced to their true size, you could probably put them all into a drinking glass, too.

it's a well-established fact that as we get older, we worry less. with the passing of the years and the problems each of them yields, we learn that most of our worries are not really worth bothering ourselves about too much and that we can manage to solve the important

ones.

but to younger people, they often find their lives obscured by the fog of worry. yet, here's an authoritative estimate of what most people worry about.

- things that never happen: 40 percent. that is, 40 percent of the things you worry about will never occur anyway.
- things over and past that can't be changed by all the worry in the world: 30 percent.
- needless worries about our health: 12 percent.
- petty, miscellaneous worries: 10 percent.
- real, legitimate worries: 8 percent. only 8 percent of your worries are worth concerning yourself about.

ninety-two percent are pure fog with no substance at all.

-earl nightingale

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our Lord asked the question: "which of you by worrying can add one cubit to his stature?" in other translations it says one hour to your life. worry is essentially a lack of trust in God, and it hinders us from God's best. the word says, "trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He

shall direct your paths." prov 3:5-6

if we had a full understanding of God's love for us and His ability to work all things out, we would just lean on His shoulder and be content with whatever. do you not know that "whether we live or die, we are the Lord's?"

there's a popular saying that a friend once had me work up as a decoration to hang on her wall. it simply said: "let go and let God." but one has to really let go to really let God. that means all the apprehension, worry, anger, fear doubt and unbelief. God really does love us and He's got a plan. we just need to take it all to Him, but we have to leave it there. worry not, "you are of more value than many sparrows."