



## Why Faith and Worry Can't Coexist

"Faith and fear cannot coexist." If I heard that reminder from my spiritual mentor, Helen Patterson, once I heard it a thousand times over the course of the 20+ years that she gently, consistently, and faithfully shepherded me. One of us with a conservative spiritual background, the other with more Pentecostal leanings. One of us young, the other with a full head of white hair. One of us neat and tidy, the other a bit scattered (but never showing it!). Both of us with a deep love for the Father and a willingness to learn from, love, and support the other. I was reminded of Helen today when I read the following devotional by J. D. Walt, "Why Worry and Faith Can't Coexist". I could not help but think of how deeply important this truth has been to me over the last 35 years and how the same is true of all who shepherd others at work, at home, at church, or in their communities. I pray these five words – faith and fear cannot coexist – will strike a chord with you today and for years to come, and that this truth will be what you demonstrate to all those you influence. Shepherd well....

### Digging Deeper Questions

1. Can you recall a time when you relied on the Holy Spirit to direct your words and actions? What was the outcome?
2. How do you demonstrate to all those you influence the truth that faith and worry cannot coexist?
3. How can living out Philippians 4:6 "Do not be anxious about anything..." enhance your shepherding of those you lead?

