

October 9th – No Reason to Worry

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus” (Phil. 4:6-7).

It’s been said that death was walking towards a city one morning. A man noticed death on the scene and asked, “What are you going to do?” Death replied, “I’m going to take 100 people.” The man was visibly shaken as a result of the bad news and hurried to warn everyone about death’s plan. As evening fell, the man ran into death once more. “You told me you were going to take 100 people, so why did 1,000 die?” Death replied, “I kept my word. I only took 100 people – worry killed the rest.”

That fictitious story has a very real meaning. Unfortunately we tend to worry about everything – health, bills, kids, school, work, terrorism, war, violence, etc. The list goes on and on. What’s especially troubling is that Christians are not immune to worry – at times it seems that we worry more than many others. Has God really called us to live in fear and doubt? Of course not!

God has invited us to enjoy a worry-free life. He’s even told us how to do it. Rather than worrying, we ought to come to God in prayer, thanking Him for the things He’s already blessed us with. God invites us to go in to detail about the things we’re tempted to worry about. He invites us to cast all our anxieties on Him because He cares for us as a Father cares for his child (1 Pet. 5:7). When we leave our prayers with God, He takes the worry from us and replaces it with perfect peace. How good it is to know that worry-free living is only a prayer away through our Savior Jesus.