



Dear Friends,

Debi found a cute story about worry at about the same time I was fretting, a word for mild worry, about what I was going to write to you about this month. So here is the story and some thoughts about worrying.

A husband got fed up with his wife's constant worrying. So one day he asked her, "Why are you always worrying when it doesn't do any good?" She quickly yelled back, "Oh, yes, it does do some good – 90% of the things I worry about never happen!" Well, the wife is absolutely correct that 90% of the stuff we worry about never happens. But her worry doesn't do anything to stop bad stuff that will come her way either.

So what is worry? Webster's Dictionary-to subject to persistent or nagging attention or effort. To feel or experience concern or anxiety : FRET

In the Sermon on the Mount, Jesus makes it clear he doesn't want us to worry. In fact, he tells us so five times in Matthew 6:25-34: "Do not worry about your life" (v. 25). "Who of you by worrying can add a single hour to his life?" (v. 27). "Why do you worry about clothes?" (v. 28). "Do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'" (v. 31). "Do not worry about tomorrow" (v. 34). So, Jesus doesn't want us to worry. But why?

If we are obsessed by God, nothing else can get into our lives—not concerns, nor tribulation, nor worries. And now we understand why our Lord so emphasized the sin of worrying. How can we dare to be so absolutely unbelieving when God totally surrounds us? To be obsessed with God is to have an effective barricade against all the assaults of the enemy. God will cause us to.... be at ease, even in the midst of tribulation, misunderstanding, and slander, if our "life is hidden with Christ in God" (Colossians 3: 3). When worrying we rob ourselves of the miraculous, revealed truth of this abiding companionship with God. "God is our refuge" (Psalm 46: 1). Nothing can break through His shelter of protection."— My Utmost for His Highest, Updated Edition by Oswald Chambers. (abridged for space)

Philippians 4:6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Php 4:7 And **the peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Php 4:8 Finally, ... whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Php 4:9 What you have learned and received and heard and seen in me—practice these things, and **the God of peace will be with you.**

Over the last year there have been plenty of reasons to worry! It doesn't really matter what we are worried about because with everyone it can be different. I had to chuckle, and maybe I shouldn't have, when two young women who were pretending to be elderly to get a Covid shot were caught. Others are worried about the unknown long term effects of the vaccine. I walked into Walmart today thinking of the shootings in so many public places. There are plenty of reasons we can worry ourselves sick or these concerns can cause us to run under the guarding arms of Jesus and abide in Him as He asked us to in John 15.

Over the past year you have been so generous with your prayers and finances and you are part of why we don't worry as we serve Jesus and our community. God bless you with His peace!!

Richard.

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