

Don't Worry 35

The Creator tells us in Philippians 4:6, “Be careful for nothing. ...*Careful* means “to be filled with anxious care,” and *nothing* means “not one thing.” So you might understand the verse better if I said, “Don’t worry about one single thing.” But nearly everybody is worried about something all the time, and isn’t it strange that the majority of things we worry about never really happen at all?

Many people have made themselves sick, and some have gone to an early grave, worrying about things that never occurred.

But wait a minute! We’re not even to worry about real things, things that really happen. In the first place, worry won’t keep it from happening, worry won’t change it, and worry cannot fix it.

Jesus said in Matthew 6:27, “Which of you by taking thought can add one cubit unto his stature?” The expression, “taking thought,” means “to be filled with anxious care.” It means “to worry.”

Jesus reminds us that we cannot add one cubit to our stature by worrying about it. No matter how much you

worry, you're still the same height when it's all over. So worry really accomplishes nothing.

Someone said, "Worry is like a rocking chair: it gives you something to do but gets you nowhere." Don't confuse worry with concern. It's right to be concerned over things that really matter. But concern is one thing, and worry is another.

In a sense, worry is the opposite of faith. In the same verse where God reminds us to be careful for nothing, He goes on to say, "...but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." In other words, don't worry about it; pray about it. And when you pray, trust God to do what's best. If you go on worrying, it shows you're not really trusting the Lord.

A little girl broke the head off her doll, but she didn't worry about it. She went on playing as if nothing had happened. Her mother said, "You've broken the head off your doll. Aren't you upset?"

"No, ma'am," she said. "Daddy can fix it."

Immediately her mother said, "Oh, no, your daddy cannot fix that doll. You've not only broken its head from its body, but you've shattered it into 100 pieces. Your

daddy can't fix it."

The confident little girl replied, "It had a head on it when Daddy gave it to me."

That night when her father came home, the mother told him the story, and his eyes filled with tears. The next day he drove many miles to the same place where he had purchased the first doll and bought another one exactly like it. He said, "I couldn't disappoint that girl. She believed in me."

Remember, no matter how bad may be the situation or how dim the outlook, Daddy can fix it. Our Father in Heaven can do "exceeding abundantly above all that we ask or think" (Eph. 3:20). The little girl wasn't worried over the broken dolly. She had faith in her father.

Faith and worry cannot stay in the same room together. When one comes in, the other must go.

**The worry cow would have lasted till now
If she hadn't lost her breath,
But she thought that the hay wouldn't last all day,
So she choked herself to death.**