



Worried?

By Jared Truxall
(Davidson H.S.)

From the moment we wake up until the instant we fall asleep, there is always something that makes us worry. Whether it's a test, a family member, or what those kids say behind your back. This constant worrying can really distract from what is important. God. We can get so caught up and paranoid about fixing these problems or figuring out where they come from, that we forget all we need to do is take a step back and ask God to help us with these issues. When you step back and look at them, these seemingly huge problems really are not that big of a deal even though they feel like it.

- "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? (Matthew 6:25-27)
- "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matt 6:34

The Bible has some great stuff when it comes to topics like this and Matthew 6 is no exception. God will provide us with what we need. Sometimes we might need to sit out and take it easier for a little bit until we can jump back on our feet and get back in the game. Once you're relaxed and on the ball again, you can go back into those situations without worry.

- "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (Philippians 4:6-7)

This verse is one of the most straight forward about this topic. Pray about your worries. Take them to God. While they may not be fixed immediately, God is the one to go to. There are many strategies for releasing stress and forgetting worries, and they work sometimes. However, we have to remember to rely on God to help us through these rough times that we are bound to go through during daily life.

- "An anxious heart weighs a man down, but a kind word cheers him up." (Proverbs 12:25)

One of the best ways to keep from worrying along with help from God is simply to just have a good attitude. If you mope around and dwell on your problems, more will find their way in. God has a plan for everything that occurs in your life even if it is totally devastating and has no immediate reason. It's hard, but trust that he will take care of things in the end.