

put faith in God that all will be well. But we can't put faith in God if we are not a Christian first.

I have always tried to live by this general rule when it comes to the area of worry. If I can't directly change, control, or alter the situation, then all I can do is pray to God concerning the situation and then just leave it in God's hands. For example: If I were to send my daughter on an airplane to see her grandparents in another state, once that airplane took off I can no longer change, control, or alter that airplane. I can only pray to God that she be safe and have a safe trip to her destination. If I worry about the situation, all that I will accomplish is to make myself physically sick. We need to learn and trust to put our cares and anxieties in His hands and let Him who has power over all things to direct the steps. When we do, then our life will be so much easier and we will be able to fully concentrate on those things in which we can change. Put our trust, faith and hope in God first, then all will work out to His glory.

The Harm in Worry

Worry drains our energy. Have you noticed how tired we are after we have been worrying about something in which we have no control over to change? Mental work is hard work, and it tires us the most possibly, when we are in deep pain of worry. So, one cannot live a full, fruitful life with worry always in their mind. We are using up energy which we need for more useful things. And besides a drain on our energy, it is a waste of time. What can be done when our mind is occupied with fear of that which might happen? While I am worrying, I should be using my mental faculties to do something constructive. I should be doing my work; or doing something for others. In fact, one of the best antidotes of worry is going out and helping others - which gets our mind off ourselves. I read of a man once who was so accustomed to worrying that he often worried because he had forgotten what he was worrying about. Faith in God is the remedy for worry!

Faith Repels Worry

Worry is anxiety to the point of distraction. We are usually afraid of what will happen. But trust in God as to the future is the great antidote of worry. With trust in God that He will do what is right, why should we worry? This is not to say nothing unpleasant will happen. But it does say we have a faith in the providence of God that whatever happens, God holds the future in His hands. Again, Paul said: "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God" (Philippians 4:6). It is said that we believe our doubts and doubt our beliefs. When Peter saw the great waves around him while walking on the water, he began to sink. Jesus said: "O thou of little faith." If God feeds the birds and beautifies the flowers, will He not care for His greater creation? I encourage each one of us to read Matthew chapters 5 through 7 and gain a better, deeper understanding of the hand of God.

Trust in the Lord

Worry decays the mind, makes one miserable, wastes time and energy and makes our friends unhappy. Why worry? Faith in God is the answer to our worry problem. Thousands pop pills, others drink liquor, and many go to the psychiatrists. But the best tranquilizer is faith in God, obedience to the gospel, and living the Christian life. Yes, trust in the Lord is the answer. So we want to be happy? Here's how. Trust in the Lord, become a Christian by being baptized into Christ (Galatians 3:27), and then live a faithful life in His service (Revelation 2:10). Then, come what may, we know we have a home in heaven after life. But without that faith, or trust in the Lord, what future do we have to look forward to? Yes, the Lord knew what it would take to make men happy here and hereafter. Therefore, don't worry about it.