

April 2008: "Why Worry—Obey instead!"

♫ Obedience is the very best way to show that you believe. ♪ Doing exactly what the Lord commands; doing it happily... ♫ Action is the key, do it immediately, joy you will receive. ♪ Obedience is the very best way to show that you believe. ♫

Don't worry about your life—"...take no thought of your life" (Matt. 6:25).

Don't worry about tomorrow—"Take no thought for the morrow..." (Matt. 6:34).

Don't worry about anything—"Be careful for nothing..." (Phil. 4:6).

If you have worry, throw it all on Him—"Cast all your care upon him" (1 Pet. 5:7).

You may say; "I don't worry, but . . . there are things that stress me out." I challenge you to stop and ask yourself: "WHY? Where is God?" Some of you are saying to me, "I know all that, but I worry because it is important to me." You may even say, "You have no idea what I'm facing."

Let me assure you – I have been there!

A few verses that have made the biggest impact on my life in the area of worry are:

"He will keep you in perfect peace, whose mind is stayed on HIM" (Is. 26:3). How do you keep your mind "stayed on him" when you are tempted to worry or get stressed out?

"Finally, brethren, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable –if anything is excellent or praiseworthy—think about such things" (Phil. 4:8).

What is TRUE? Is. 40: 31 *"the Lord will renew our strength; 41:10 & 13 "the Lord will strengthen us"; "the Lord will hold our right hand"; 45:5-7 "the Lord of creation holds us"; Ps. 138:8 "The Lord will perfect what concerns us"; Prov. 30:5 "the Lord is our shield; Jer. 17:-8 "the Lord will sustain us"; 29:11 "the Lord wants peace for us"; Rom 8:28 "all things work together for our good"; 2 Cor 12:9-10 "through Christ, we are strong"; 1 John 4:4 "greater is He who is in us than he who is in the world."*

The best thing you can say about worry is that it is worthless, wasteful, and wicked. God has better things for you to do and greater victories for you to experience than stressing out over areas of which He has complete control.

♫ Action is the key, do it immediately, ♫ JOY you will receive. ♪

—Terri