

STAND TALL AGAINST THE PARALYZING WHAT-IFS

Martin Luther had spent three days in depression over something that had gone wrong, and on the third day his wife came downstairs dressed in mourning clothes. He asked, "Who's dead?" She said, "God!" Luther rebuked her, saying, "What do you mean, God is dead? God cannot die." She said, "Well, the way you've been acting I was sure He had!"

Someone said, "Fear is a powerful force once it grabs the imagination." The key word here is "imagination," things that are only in our minds. Our imagination runs away with possibilities that are not likely to be, or never will be to the extreme that we fear they might be.

I try to avoid some future worries by buying insurance. Some of us are very faithful in having physical checkups. Others study hard for tests. We can avoid some of these worries, but today we are talking about things you and I have no control over. The things that steal a good night's sleep. The things that rob you of having a happy life, when you can't see a beautiful sunset that's right in front of you, or hear the birds singing in your back yard. We are talking about things that not only waste our precious time and energy, but also increase our risk for poor mental and physical health.

Studies have shown that 40% of our worries will never happen, 30% of our worries have already happened, 12% of our worries are over unfounded health concerns, 10% of our worries involve daily fretting that accomplishes nothing, and only 8% of our worries are truly justified?

Let's ask this question. "Who is in charge of your life?" Is it you? Evidently not if you are worrying? Is it your wealth? Evidently not, or you would be out buying happiness. Some of you are trying that, but it's not working is it? There is only One who is strong enough and reliable enough to put in charge of your life! Learn from sheep. They follow their shepherd. They put the destiny of their lives in the hands of their trusted shepherd to lead to them to food and safety. Jesus is our Good Shepherd. The cure for worry is to put God in charge!

A person who worries is not trusting God. Hebrews 11:6, "Without faith it is impossible to please God." I need this lesson every day, and I am sure you do too.

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