

## The Worry of Worrying

**M**y car sat in the passing lane as I wondered what lied ahead. The traffic had slowed to a complete stop. Amidst bumper-to-bumper traffic I found myself in the middle of a bridge that stretched across the Susquehanna River. Finally, we were moving again.

Oh no, my car stopped running! What was wrong with my car? I turned the key in the ignition but the motor wouldn't turn over. Was it beginning to overheat? The cars began to slowly creep past me on the right, and those behind me continued to be patient. Were the worries beginning to set in? They sure were!

"Oh Lord," I prayed, "What am I going to do? I am in the middle of a bridge in the passing lane and my car won't budge. Help me!" Within minutes a large truck pulls up beside me with two unknown men sitting in the high cab. They signal to me. One calls out the window, "Do you need help?" I reply, "No." Why did I say that? Of course I needed help. But I don't know these men. Could I trust them?

The traffic ahead of me creeps slowly on, while I hold up the string of oncoming cars behind me. The truck moves a few feet and stops. Now he holds up the traffic behind him on the right lane, as the cars ahead of him move on. My car still won't start. Am I in a full blown worry mode right now? You bet I am. I feel a knot tightening in my stomach. What am I going to do?

Again I pray, "God help me!" Again the man in the truck waves and says, "We can help you. We'll put your car on the back of our truck." I replied, "I'll be alright." Praying again, I said, "Oh God, what am I going to do?"

The traffic in front of me is moving further ahead. Once more the man leans out his window and says, "This is the last time I am offering to help you. Do you want us to help you or not." Under my breath I pray, "Thank you Lord and protect me." I say to the man in the truck, "Yes, I can use your help. Thank you."

The two men pull their truck into the lane in front of my car. They maneuver my broken down car onto the back of their truck. I squeeze up front in the cab with them. I soon learn that their job is to pick up cars that are being repossessed. These God-sent men dropped me off with my ailing car at a garage on the other side of the river.

God heard my prayer and knew my need even before I did. I'm glad he sent patient men who didn't leave me stranded after my first negative reply. How often do we fail to respond to those first promptings of

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God in our life? Are we thankful that *he* is so patient with us?

God cares about everything that happens in your life. Why try to handle and work out all those problems by yourself? You have a loving and caring heavenly Father who wants to be a part of your life and wants to help you. He wants to take away those worries.

Yes, I'm guilty - guilty at times of worrying frantically about the future, and guilty at times of being preoccupied with the past. This makes it almost impossible to enjoy the present. Are your thoughts filled with so much unproductive and unconstructive worry that you never enjoy a moment's peace? Between worrying about the future and reliving the past in your thoughts, do you soon have no time for the present?

Jesus doesn't want us to live that way. What does he have to say to us about this?

*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? ...Who of you by worrying can add a single hour to his life? (Matthew 6:25, 27)*

This isn't to say that we shouldn't be concerned about eating healthy or dressing appropriately. He was making the comparison that life itself and our body were much more important. He wanted us to think about our

## Wash Away the Worries

priorities. He also wanted us to realize that we are very valuable to God. He desires to take care of us. Just like our children are valuable to us and we want to take care of them. When we put him and his ways first in our lives, he'll make sure our other needs are met.

Jesus asked us a question; has any of your worrying ever changed anything or prolonged your life? Think about that. I can't say that I have seen where any of my worrying has changed anything in my life. It has just tended to make me more anxious. Paul advises:

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)*

This verse tells us not to worry about *anything*, instead pray about *everything*. This includes the big *and* the little things of life. If it's important enough for you to worry about it, it's important enough for you to pray about it. Tell God your needs and then don't forget to thank Him for his answers, even before you receive them, because you know your answer is on the way.

When we learn to go before God with praise and then talk to him about the things that bother us, Paul tells us what the results will be in Philippians 4:7 -

*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*