

# Think On This



## Don't Be a Worrywart!

Webster's New World Dictionary defines worrywart as "one who tends to worry much." This creates a troubled state of mind and is often identified as anxiety. Life has its ups and downs. Job states, ***"Man who is born of woman is of few days and full of trouble."*** (Job 14: 1) Indeed, Job could relate to this statement considering the tragic circumstances he experienced. However, Job endured his hardships and moved forward. James states, ***"Indeed we count them blessed who endure. You have heard of the perseverance of Job and seen the end intended by the Lord-that the Lord is very compassionate and merciful."*** (James 5:11) Hopefully you and I will never experience life as Job; nevertheless, all of us will be faced with difficult circumstances from time to time. When such occurs, we need to focus on the Lord and His teachings for strength. (Philippians 4:11-13 &19)

However, as the title suggests we must be careful that *we don't become worrywarts*. We might become a worrywart if we are obsessed with the future. Jesus warns, ***"Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."*** (Matthew 6:34) We might become a worrywart if we allow ourselves to be overwhelmed by our circumstances. Remember Martha? ***"But Martha was distracted with much serving, and she approached Him and said, 'Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.' And Jesus answered and said to her, 'Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.'"*** (Luke 10:40-42)

The solution to avoid being a worrywart can be found in the book of Philippians. One action that is necessary to counteract the problem of being a worrywart is prayer. Paul states, ***"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God."*** (Philippians 4:6) Prayer should be a vital part in the daily life of a Christian. God desires to hear about our daily concerns. (1<sup>st</sup> Peter 5:7)

Many are worrywarts as a result of negative thinking. Even when circumstances are good some still dwell on the negative by focusing to the hypothetical "what if". The solution to this problem is found in **Philippians 4:8** which states, ***"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy- meditate on these things."*** Instead of dwelling on the negative and what "could happen" we need to learn to apply the lesson taught in the song "Count Your Many Blessings".

A third step to eliminate being a worrywart is to be active in the work of the Lord. Paul states, ***"The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you."*** (Philippians 4:9) It has been stated that an idle mind is the devil's workshop. When one is busy in the work of the Lord, he or she will not have time to dwell on the negative or feel sorry for one self. Consider the life of Paul who suffered many hardships yet continued doing the work of the Lord. He focused on that which was good and built up others instead of feeling sorry for himself. Someone once said, "Blessed is the person who is too busy to worry during the day and too sleepy to worry at night." Indeed let us be busy in the work of the Lord, thus eliminating the opportunity to allow anxiety to dominate our thoughts.

Finally, as Christians we need to remember that we are able to handle any circumstance that comes upon us if we stay focused upon Christ and His teachings which gives us strength. Paul states, ***"I can do all things through Christ who strengthens me."*** (Philippians 4:13) Paul also states, ***"And my God shall supply all your need according to His riches in glory by Christ Jesus."*** (Philippians 4:19)