

GIVE YOUR WORRIES TO GOD

“Can all your worries add a single moment to your life?” Matthew 6:27 NLT

Worry changes nothing except you - and not for the better. It won't pay your bills, solve your family problems, or give you a good night's sleep. You don't add one day to your life, or one bit of life to your day by worrying. But you can age prematurely and die before your time. Read these two Scriptures carefully: “Those who trust in the Lord are like Mount Zion, which cannot be shaken but endures forever.” Psalm 125:1 NIV. “You will keep in perfect peace those whose minds are steadfast because they trust in you.” Isaiah 26:3 NIV. Notice that the same word in both Scriptures is “trust”. Worry simply reveals our lack of trust in God! So, who are we trusting in? Ourselves! And only when that no longer works, are we willing to hand God the problem. Can you imagine asking Michelangelo “Are you sure you know what you're doing with that chunk of marble?” God knows what He's doing and when you trust Him, “His peace will guard your hearts and minds”. Philippians 4:7 NTL. Paul is using a military metaphor here. The Philippines lived under Roman occupation, which was bad. But they knew that the sentries also guarded their town, which was good. They knew that before an enemy could get to them, it first had to get past the guards. And because you're “in Christ” Satan has to go through Him to get to you. Are you getting the picture? Nothing - absolutely nothing - can get to you without first coming through Him! Once you accept that, God's peace will fill your heart.