Do Not Worry

By: Roger Crowson

Read: Matthew 6:25-34

***25****Therefore I tell you, do not worry about your life,. . ..* ***27****Can any one of you by worrying add a single hour to your life. . . .* ***33****But seek first his kingdom and his righteousness. . .* ***34****Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

Looking out the window this morning I see a crystal clear blue sky, brilliant sunlight, serene hills in the distance. What a beautiful day and a glorious land. However, in spite of the goodness of life, I find myself “worrying” and maybe “stressed out” from time to time. Bet you know the feeling. A project I am working on is not going as planned, the quality of my work is maybe somewhat less than my expectations, maybe I had to back out of an outing with one of the grandkids, two of the other grandkids have COVID - is it going to only be a mild case or are they going to become very sick? Is the vaccine going to bring an end to the pandemic and when? Am I going to meet obligations to which I have committed? Is the political climate going to get better? Is climate change going to get better or worse? Will the young grandkids live in a better world than the one I experienced as a child? Will I be sick and frail, be a burden to my family, when I get “old?” When will Christ return? And on and on. . . It is so easy to let our minds wonder and ponder over things of which we have little or no control.

As we prepare for Advent to celebrate the earthly birth of our Savior Jesus Christ may we heed his words about “worry.” May we feel the peace He offers. May we be generous with our time and the abundance of life He has given us.

*Prayer:* God, guide me this day to focus on living as you have taught us, loving and serving you through love and service to others, using the gifts you have given me.