

# DO NOT WORRY

*“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble for its own.” (Mathew 6: 34)*

**“Don’t worry!”** These have been encouraging words to those who are not in trouble, but to many who are experiencing many problems seem like an invalid instruction. Someone may say to you, *“don’t worry about tomorrow”* and you simply answer, *“I am not worried”* or *“why should I worry?”* These are typically heard, but many times uttered contrary to action.

**Query 1:** Have you noticed when you travel from city or country to another? You carry large amount of things or train of bags and belongings. You bring many things that you don’t actually need. Or, you carry what you may use but with an extra quantity. You carry things that are also available in the place where you are moving. I remember one time I traveled from my country to another country seeking and applying for job. I bought extra shirts, trousers and shoes that I might need. In that new country I got the job and I settled. I was given uniforms and the shoes and shirts that I brought I gave away. You and I, many times we carry in bags so many things including foodstuffs. Why this behaviour? The reason behind is that we are always worried about tomorrow. Check how much extra things you carry in the last journey you had.

**Query 2:** Have you applied for credit card or insurance? Observed the Insurance Agencies how they offer to you so many types of insurance or loan projects. And you, now being 30 or 40 years old listen to the agent’s talk that you need to be ensured for the next 20 or 30 years of your life because you may fall sick or sustain damage or loss. So you must pay monthly certain amount so that the insurance will sustain you during such incidents. Imagine, they are proclaiming to you the insurance for tomorrow while they cannot assure themselves how to be safely secured for eternal life. Eventually, who knows what would happen in the next 20 years? Insurance companies build up because we are so worried about tomorrow.

We often worry about the expense or cost of tomorrow’s style of life. But we forget that worrying is wasting us too much:

- A. **Worry cost Time:** How many extra hours, days or even years have you spent in worrying and thinking about a project? The student who knew his lessons well but kept on reading hours and hours more because he worries about the exams, how much time is he wasting?
- B. **Worry cost Effort:** Any extra activity you are preparing causes you physical exertion and tiredness. Any extra item you have in your house

or in your room cost you effort to carry, to clean and to maintain. Check how many extra furniture scattered in your office or in your house because you worry that you might be put to shame if someone visits you. You also observe there are houses having antique furniture and you hear them saying, *“we may need it in the future.”* This is because they are worried about tomorrow.

- C. **Worry cost money:** Worrying about tomorrow’s business or professional competition pushes many people to study again or to pay and sit for examination to get additional credits and certificates. Likewise, many people unnecessarily spend extra money because they are worried. They buy things they do not need at the moment but because they are anxious about tomorrow.

The Lord Jesus Christ, knowing the life style and thoughts of the people, had spoken these words to the crowd gathered around Him who had been listening to His teachings and instruction.

1. **“Who of you by worrying can add a single hour to his life?” (Matthew 6:27)** Believing in Jesus gives you faith in God and assurance of having life after death. God knew everything about you, your going and your coming. He has a good plan for your life. After He accomplished his purpose in you then He will take you to be with Him forever in heaven.

2. **“Look at the birds in the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? So do not worry saying why shall we eat? Or what shall we drink? Or what shall we wear?” (Matthew 6:26)** The provision of God will be continually given to us daily because He is Jehovah Jireh, the Provider and giver of life and everything.

3. **“So do not worry, . . . For the pagans run after all these things, and your heavenly Father know that you need them.” (Matthew 6:31a, 32)** We don’t need to worry about life because we even have life after death. **“For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.” (John 3:16)** Believing in Jesus and following his steps will cause us not to worry. Jesus is God’s Son who came down from heaven for our sake, so why we need to worry?

**My dear and beloved:** Your awareness of worrying about tomorrow would be transformed to peace and security if you fully put your trust in Jesus and you willingly submit to His Lordship: *“Father God in heaven, I come to You in the name of Jesus. I thank You for your presence in my life. I thank you for your daily provision that satisfies all my needs. Lord, take away all my worries about tomorrow, and put your peace O God in my heart, for in your name there is my hope and my trust. This is my prayer in Jesus’ name.” Amen.*

