

Let the Lord do the worrying!



THE TWO GREATEST SOURCES OF FEAR AND WORRY ARE THE PAST AND THE FUTURE—remorse over the past, and fear of the future—and God’s Word forbids us to worry about either. If you know the Lord, then you’re His child, and you don’t have anything to worry about.

Worry is a sign of fear, and fear is not faith. Lack of faith can be a terrible, frightening thing because fear has torment (1 John 4:18). But faith in God, trust in God, gives you a feeling of rest of body, peace of mind, contentment of heart, and spiritual well-being. It’s faith that keeps you from worry. It’s faith that keeps out fear. Jesus said, “Let not your heart be troubled; you believe in God, believe also in Me” (John 14:1). The beginning of faith is the end of worry. When you trust the Lord, you know He’s going to take care of you and you don’t have to worry about anything.

“God has not given us the spirit of fear, but of power, and of love, and of a sound mind” (2 Timothy 1:7). So commit your way, your life, your mind, your thoughts, your time, your everything to the Lord. “Cast your burden upon the Lord and He shall sustain you” (Psalm 55:22). His shoulders are broad enough to carry any load!