

Do not be Anxious about Anything

Philippians 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

For several years a woman had been having trouble getting to sleep at night because she feared burglars. One night her husband heard a noise in the house, so he went downstairs to investigate. When he got there, he did find a burglar. "Good evening," said the man of the house. "I am pleased to see you. Come upstairs and meet my wife. She has been waiting 10 years to meet you." William Marshall, *Eternity Shut in a Span*.

There are several bits of information that point out how unfruitful it is to worry. Below are a few:

Worry pulls tomorrow's cloud over today's sunshine. Worry is wasting today's time to clutter up tomorrow's opportunities with yesterday's troubles. Source Unknown.

An average person's anxiety is focused on:

- 40% -- things that will never happen
- 30% -- things about the past that can't be changed
- 12% -- things about criticism by others, mostly untrue
- 10% about health, which gets worse with stress
- 8% -- about real problems that will be faced. Source Unknown.

However true the above statements are, they don't take away anxiousness from our lives. If you have ever tried not to do something, you have experienced how nearly impossible it is. A better antidote is do or think of something quite the opposite. Where there is joy, there is no anxious care.

The stress of a hostile world gives rise to anxiety and fears about the future. Yet Paul challenges the Philippians and us to not be anxious "about anything!" We can take all our worries and bring them before the Lord in prayer. As St. Peter put it, "Cast all your anxiety on Him because He cares for you (1 Peter 5:7). We can remember His loving care and let it supplant our worry.

Prayer: Blessed be the Lord God, who has not left us to suffer in our own folly, but has called and enlightened us to live according to His mercy in Christ. Amen. (TLSB)