



Worries.

1 Peter 5:7 *Give all your worries and cares to God, for he cares about you.* (NLT)

Worry, worry, worry, and aren't we good at it? At least I am. It's no problem, really. I've been told to pray about it, so I "take it to the Lord in prayer", and even if I get what I ask for, I worry if what I ask for will last, or will it lead to something else to worry about? Have you ever done that? And let me ask you this. Has worrying ever brought about a solution other than an upset stomach and sleepless night? How many issues we worried over ever came to pass, or even the few that did, was there anything we could have done that would have helped?

In Bible class, the leader made the comment that in one of his A Prairie Home Companion programs, Garrison Keillor said that one thing the Lutherans were good at was to carry guilt around (paraphrased). I think that's a close cousin to worry, don't you?

The good news is that we need to spend more time in The Good News. That, my friend, is the answer. I know that my pastor, and quite a number of others more well-read than I, can help with a few more verses that support this one simple verse.

Don't let anybody steal your Joy!