

Don't Worry, Be Happy

Contributed by Travis Gremillion
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When you read the newspaper or watch the news on television, one can't help but notice all of the not so pleasant news. Like some say, the "the best good news is bad news." Some of the media outlets thrive on the over exaggerated and the fear that they put into people's minds. In our country today, we are constantly reminded that we're in a recession and the economy is at its worst since the depression. We're reminded that the unemployment rates are higher than ever. All of this news and warnings tend to put a great deal of stress and worry on people. Many people worry whether or not they will make it to through their bills next month, others worry about having a job, and some spend a great deal of time worrying about the security of the country. And of course this worry also goes along with simple things such as whether or not a family member makes it home on time or whether or not we get that new position at work.

Worry can take a large toll on our lives and it really shouldn't have to. The Bible clearly teaches us that we shouldn't worry. In Philippians 4:6 we are commanded, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." We need to learn that we can bring all of our needs and concerns to God in prayer rather than just sit and worry about them. Christ tells us in Matthew 6:24, "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Too many times we put our focus on what tomorrow may bring, but God understands us better than we understand ourselves, He created us! He knows if we burden ourselves with the worries of tomorrow, next week, next month or next year we are only going to a point where we can't handle it. We need to focus on today and what we can do at this moment and remember that all that we do is to exalt God. In 1 Peter 5:7 we are instructed to "cast all your anxiety on Him because he cares for you." God understands that we cannot carry all of our burdens. We are told to give Him all of our worries and concerns. God cares for us and He is concerned with everything that happens to us. If we can learn to cast our anxieties on the Lord than He promises to give us peace that will surpass all understanding (Philippians 4:7). That peace, of course, is the peace in our hearts that we have a better home awaiting for us in heaven. That the anxieties of this world are nothing more than temporary and up above there is an eternal lasting home where there is no sin, worry, or end.