

Worry

Scripture Reading — Luke 12:22-34

I tell you, do not worry about your life. . . . — Luke 12:22

I worry a lot. Sometimes it keeps me up at night. I worry about things at church. I worry about my family. I worry about my health. I worry about -money. I don't think I'm alone in worrying about things. Most people I share my worries with say that they lose sleep over similar things. I guess worrying is pretty normal.

But then I read today's verses, and I worry that I'm not living the life of faith correctly. Ugh! I worry a lot even though Jesus tells us not to worry! A vicious cycle of worry and guilt sets in. Should I feel bad that I worry more than I should? More than Jesus wants me to?

Maybe Jesus told us not to -worry because he knew we would. I love the examples he gives to help us not worry. Look at how God takes care of birds. Look at how beautiful he created flowers to be. Those things are amazing, and God's care for them is elaborate and extensive. And yet God cares for us so much more than for birds and flowers. So why worry?

I don't think I'll stop waking up in the middle of the night from worry anytime soon. But the next time I do that, I'm going to read this passage and remember how much God cares for me. Then I'm going to lie back and rest in the care of the one who has made and loves and cares for me every second of every day. Can you do that too?

Prayer

Father, help me to rest in the knowledge of your love and provision every day and night. In Jesus, Amen.

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