



WORDS FROM *Pastor Randy*

E. Stanley Jones defined **worry** as the “interest we pay on tomorrow’s trouble.” It is the internal fear of what we think might be. So many of God’s people live their lives tormented by the fears of the unknown.

One middle aged couple was awakened in the middle of the night by a burglar. The wife said to her husband, “Get up John, there’s a burglar downstairs.” The man rolled out of bed, reached for his pistol and arrived downstairs just in time to catch the man going out the window. He said to the thief, “Now before I telephone the police, I want to take you upstairs to meet my wife. She has lain awake for the past 20 years waiting for you to come!”

If we aren’t careful, our worry about tomorrow can spoil the good times of today. Perhaps, it would do us well to remember that today is the tomorrow that you worried about yesterday.

One psychologist did a study of worriers and concluded that about 40% of what they worried about never happened. Another 30% was past and all of the worry in the world could never change it.

I had the great joy of preaching from Psalm 37 on Sunday. Three times in that passage we are exhorted, “*Fret not thyself.*” It is a reminder to put out the fires of fear that tend to blaze up in our minds. We would say, “Cool it! Chill out! Don’t get so hot & bothered! Stop letting that problem or those people burn you up!” Worry is not something that we HAVE to do. It’s something we CHOOSE to do.

The thing I left out of Sunday morning’s message was the explanation of the meaning of the word “**trust**” in Psalm 37:3. It is rooted in an expression of lying face down helplessly on the ground. It is to be flat on your face at the end of yourself and all of your resources. It is the picture of absolute confidence in the greatness and goodness of God. It is not the confidence of the nonchalant person who merely says, “Everything’s gonna be OK.” It is the confident faith that says, “I know that God is control of this situation.”

Dan Rather, former CBS News anchor, in a Fox News interview was ask about his future plans. He quoted his late mother, “Yesterday – no tears. Tomorrow – no fears.” Sounds like a good way to live!