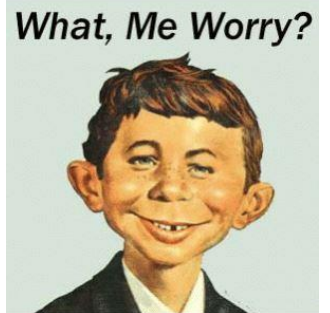


What, Me Worry?

Many people of my generation recognize the picture of Alfred E. Newman. Alfred is the mascot of Mad Magazine, an American humor magazine launched in 1952. The magazine is known for its political satire. Usually its cover picture is of Alfred E. Newman, whose image replaces a celebrity the magazine pokes fun about in that issue. Alfred's favorite phrase is, "What, Me Worry?"



He's got a point there! The Bible gives us more healthy ways to handle stressful times in our life. The Bible's answer is to cast our worries on Jesus so we can live in peace.

Worry and anxiety result from our failure to trust God with our lives. We fight for control and then worry if our efforts are good enough. Instead, we should use God's gifts of skills to the best of our ability but prayerfully trust the outcome to God. *Cast your cares on the LORD and he will sustain you; he will never let the righteous fall (Psalm 55:22).* In essence, worry is our fear of an unfavorable and unknown future. God knows the future, so trusting Him is what we do if we have faith.

Giving it up to God is an act of humbleness and trust in God's plan for your life. It's not about your power, but God's. *Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you (1 Peter 5:6-7).* Did you catch the phrase "in due time"? We are impulsive and want things now. God knows when the right time is.

Sometimes we worry about the little things in life. *For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing (Matthew 6:25)?* Food, drink and clothing are necessities in life. God knows what we need and will make sure we have the necessities.

Jesus came to help us live a life of peace. He died for us, taking on our worries and sins so that we can live in peace. *Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you (Philippians 4:8-9).*

So, are we to sit back and hope everything happens just the way we want it to be? How about asking God for it to happen the way He wants it to be. *Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus (Philippians 4:6).*

Try this as an exercise to test your faith. Trust God to deliver you through the issues you face. Let it go. Do what you can, using your God-given skills and then put it in God's hands. Alfred E. Newman had a carefree approach to life. He could laugh and joke about some of the most serious situations. Because of your faith you have the power of the Almighty God to allow you peace and joy even during tough times. What, me worry?

Question: Can you think of an example when you put a tough situation in God's hands, and He brought you through it?

Prayer: Dear Lord. We pray that we can give up our need to be in control of everything. We place our problems in Your hands. Amen.