

## The Mountain Ahead

A hiker was traveling on a path in a heavily wooded area nestled among rolling hills. It was his first time in the area, so he didn't know what to expect. As the hiker rounded a corner, the path headed straight toward a mountain before him. The hiker immediately worried about what it would take to climb the mountain before him. His apprehensions practically paralyzed him, and thoughts of turning back entered his mind.

We tend to worry when there is a major obstacle in our path. We are ready to turn back before we go any further. Worry saps our energy, and our mind convinces us we can't accomplish the task. We feel powerless to overcome the "mountain" looming in front of us. We doubt our abilities to continue on a path with such challenges ahead. We think it is all about us and our abilities to handle what comes our way. Instead of trusting Jesus, we begin to doubt our own abilities.



Does worry help the situation?

Consider this: don't ignore difficult situations, as they are a signal to be on our guard. But, cast your anxieties on God. Ask God for help with what you are facing. Then, follow His lead.

Little did the hiker know, but the path took a turn at the base of the mountain. A well-marked path circled around it, leading to a valley between mountains.

*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 4:6-7)*

The Bible Says: *Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Psalm 23:4*

**What's the Point?:** Put your life in God's hands and go where He leads you. Worry won't help you overcome the obstacles in front of you, but your trust in God will. Trust in the Lord will help you overcome the obstacles you face.

**Questions:** What do you worry about? Does worrying make it better?

**Prayer:** Dear Lord. When we worry, we put it all in our hands. When we give it to You and put our trust in You, You will help us establish the right path. Amen.