

The High Cost of Worry



THE ROBBER OF TIME is procrastination. The thief of energy is *worry*. Someone wisely observed, “Why *worry* when you can pray?” Another has said, “*Worry* is interest paid today on tomorrow’s troubles.”

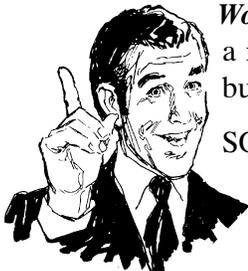
You will **not** find in the Bible the verse, “*Worry* faithfully and you shall be blessed abundantly.” Contrariwise, this verse is helpful. “Cast your burden on the LORD, and He shall sustain you” (Psalm 55:22 NKJV). This means we are to take our burdens to the Lord and leave them there. It surely displeases our God for us to bring our burdens back home with us.

I once saw on a church bulletin board: “*Worry* kills more people than work because more people *worry* than work.”

Worry is a hard paymaster. It distorts the vision, saps the soul, discourages the heart and churns the spirit into an emotional upheaval. *Worry* afflicts us with sleepless nights and restless days; it may cripple us in such a manner as to render our service for the Lord ineffective.

Worry never changes anything but the worrier. In the Sermon on the Mount, our Lord asked, “Which of you by worrying can add one cubit to his stature?” (Matt. 6:27 NKJV).

Worry is strictly forbidden both now and forever in Philippians 4:6 NKJV in the words, “Be anxious for nothing,” which words mean literally, “Stop perpetually worrying about even one thing.”



Worry, then, is a senseless exercise. It is much like a rocking chair—it will give you something to do but won’t get you any place.

SO TAKE MY ADVICE AND GET OFF “THE WORRY ROCKER.”

—Based on an article by John Lineberry from the Baptist Bulletin, January 1979

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