

## Wisdom Not Worry

Wednesday, March 18, 2020

Matthew 6:27

**“And which of you by worrying can add even an hour to his life?”**

Yesterday we were encouraged to rely on the facts rather than our feelings when facing uncertainty. Here's a fact: God cares for the birds of the air. It is simply illogical and unreasonable to worry about whether or not we will be cared for since we are “more valuable than they are” (vs. 26). Jesus gives us yet another reason not to worry in the next verse - **worry is ineffective**. Jesus asks, “Which of you by worrying can add even an hour to his life?” The point is clear. Worrying accomplishes nothing. Worry has no power to make us continue one moment beyond the time God has given us to get our assigned work done. Are you worried? How much time and energy have you spent in the last 24 hours worrying about Covid-19 and how it might impact your life? Instead of using that energy to worry, how about investing yourself in ways that actually accomplish something. Instead of worrying, why not pray. Instead of worrying, how about encouraging someone else with a card, phone call, email or text. Instead of worry, work at being the sort of Christ-like blessing that would give someone else just one more reason not to worry. Worry is useless but we are not. Consider today how you might be useful in encouraging others. Worry is ineffective but there is nothing more effective in strengthening ourselves and others than sharing and showing the love of Christ to others.

Grateful,

Pastor Ben