

Pk's Perspectives ... Therefore...do not worry.

Worry and anxiety — I call them the sequel plagues to the Covid 19 epidemic. Worry and anxiety were already spreading before Covid (especially among students) but the Covid epidemic was like fertilizer to the twin cancers of worry and anxiety.

Lee Roberson says of worry, “Worry is nothing but practical infidelity. The person who worries reveals his lack of trust in God and that he is trusting too much in self.” Francis Chan frames it this way, “Worry implies that we don’t quite trust God is big enough.”

Aside from getting their hands on as much money as possible, the chief vocation of many in our culture is a preoccupation with worry. Worry about what will happen, worry about what won’t happen, worry about what will happen if something else doesn’t happen. We worry about money, jobs, politics, the stock market, our grades, our church, our friends, our social media likes, our marriages, our kids, culture, and our faith.

Worry is not only annoying, it is paralyzing. Worry keeps us from moving through life in simple faith. Worry keeps us from risk, and without risk, there is no freedom in living. Worry is one of the greatest enemies to walking in the Kingdom of God, because it is the antithesis of trust. Oswald Chambers observed that “fretting springs from a determination to get our own way.” The psalmist warned that worry leads only to evil (Ps 37:8). Jesus spoke to the pointlessness of worrying in Matthew 6:

“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to Him than they are? Can all your worries add a single moment to your life? So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need. So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” (NLT)

“Naive!” you’re thinking; “Short-sighted!” you cry. But is it really such a leap to trust that if God does exist, and His character is trustworthy, and He counts you and me as precious to Him, that He is able to handle the absolute essentials of life without us having to lose sleep? Once again — the precept is straightforward, almost insultingly so. Either we believe Jesus or we don’t. Fretting and worrying produce only negative results; absolutely nothing can be gained from them. *(PARENTS beware - you can absolutely pass down the propensity for worry to your children!)* If we choose to live according to the performance ethic of our current culture, then we have good cause to worry, because we’re on our own. But when we decide to respond to Jesus’ love for us by forcing ourselves to step back and get His perspective, learning how to trust Him with practical things in life, then we can truly know peace. We are free to risk, to move, to experiment, because we know the One to whom we belong. Grace & peace, love you. PK