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**Heart and Soul ... A Weekly Meditation**

November 15, 2015

Living With Tension

*“Therefore, stop worrying about tomorrow, because tomorrow will worry about itself.  
Each day has enough trouble of its own.”*  
Matthew 6:34 (Common English Bible)

A more promising title for this meditation might be: *Living Without Tension*. Yet, that is a promise that is neither realistic nor supported by the Bible. Mark’s Gospel declares that on the night of Jesus’ arrest, Jesus “began to feel despair and was anxious” (Mark 14:33). Amanda Enayati, writing for *Success* magazine asserts, “The greatest myth is that stress-free living exists at all. In reality the only time you are truly stress-free is when you are dead.”<sup>1</sup> Yet, here in Jesus’ Sermon on the Mountain, he seems to suggest that we have the capacity to “stop worrying.”

Except, Jesus doesn’t say that. Jesus teaches that we are to “stop worrying about tomorrow.” There is a considerable difference. It is unlikely that any one of us can simply shut-off any concern or worry. What Jesus offers is the possibility of limiting our worry to one day at a time. As Jesus points out, “Each day has enough trouble of its own.”

What has been observed over and over again by psychologists is that women and men become tired, run-down and discouraged not by the challenges that confront them today. What drains our energy is our frightened concern over what waits for us on the horizon – what we have to do tomorrow, and the day after that. This doesn’t mean that we don’t prepare for tomorrow. It simply means that we don’t work ourselves up into an anxious knot and fever of apprehension worrying about tomorrow. Today, teaches Jesus, is enough to be concerned about.

What are we to do? All that Jesus had to say about living is fixed firmly on belief and trust in God. God is in our future – we are not left to it alone. The night of Jesus’ arrest was filled with tension and worry. But do not fail to notice what Jesus does with it all. Jesus prays. Jesus claims the presence and concern of a living God that restored his energy and brought healing. What Jesus asks is that we do the same. Do our best today and leave the rest to God. This is a truth that we can accept because it comes from Christ. It is first and last the secret of victorious living.

Joy,

<sup>1</sup> Amanda Enayati, “Dissection Stress.” *Success*. December 2015, pages 48-51.

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