

Why do we still worry all the time when we believe in God?



The fact that we still worry is evidence of the reality that our faith is imperfect yet. Our faith is in the process of ongoing development. We humbly confess that our spirit is willing but our flesh is weak.

We cling on to Christ with hope; our life like clay in the Potter's hand continually feeling the heat of the furnace and being fashioned into the shape that God desires of each and every individual piece of His handiwork?

It may be self-deception if we tell others "Don't Worry" and expect them to instantly act upon as they are told. A modicum of worry may be a good thing if it pulls us towards God. When worries come upon us, we should recognise that it is an indication that we cannot be detached from God.

Matthew 6:25-34 records Jesus' instruction which calls us to put our faith in our heavenly Father:

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ...

For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

The advice against worrying is an acknowledgement of the presence of worries even among the disciples of Christ. The last sentence in the above passage also suggests the commonness of having trouble for us to face up to

each day. The trouble lies at the root of our worries because, despite Jesus' assurance, our faith is not strong enough. Dealing with the trouble by our own strength without leaning upon our heavenly Father has the tendency to grow our worries instead of diminishing them.

However, the message of our Lord telling us not to worry is not the same as the message of the hit song "Don't Worry, Be Happy" which seems to be advocating a carefree attitude. It may be cause for big woe indeed if people of God become complacent in their faith, sit back with feet up and become "bochap" (indifferent) to circumstances with potential implications that may well be ameliorated if a little worry serves as a prompting for them to turn their attention towards God.

The message of our Lord is **NOT** this:

"Whatever you want to do, JUST DO IT. Don't Worry about the consequences. Leave the consequences to God. Your Father will take care of it!"

Instead, the message for us to take away **should be** this:

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you." – 1 Pet. 5:6-7

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." – Philippians 4:7

Ideally, everyone is alive to an active conscience on personal responsibility. Putting our faith in God does not mean a shirking of our personal responsibility to set things right within our abilities. We cannot behave like immature children or youngsters who buy into the habit of "JUST DO IT", expecting that someone else will be there to deal with the results of their defiance.

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." – Philippians 4:8



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TODAY is the TOMORROW we worried about YESTERDAY.
