



Colonial Beach
BAPTIST CHURCH
A Lighthouse for God

A Thought for Today About worry

by
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**“They call him ‘Jigsaw’ because every time he’s faced with a problem he goes to pieces.”
- Anonymous**

“Don’t worry, be happy” may be a nice jingle, but it doesn’t work in everyday experience. The more we try not to worry, the more we repress anxious thoughts and the sicker we get. Telling ourselves worry works because what we worry about never happens is self-deceptive. Wringing our hands over “what ifs” only intensifies our headaches and disrupts our relationships.

There’s a far better way to deal with problems than wringing our hands – *folding them* in trusting prayer. Sincerely relying on our Savior and Master to hold us together, we won’t fall apart and go to pieces. Then “all our strivings will cease, and our ordered lives will confess the beauty of His peace.”

***“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.”
(Philippians 4:6-7 ESV)***



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