

Worry on my Heart

By Miriam Neumann

“I’ve got a worry on my heart.”

I remember when my then seven-year-old son spoke these words as I was tucking him into bed one evening. As I inquired further, he told me that he was afraid that he might have to sit on the stump at recess time — a punishment the teacher used to discipline children who misbehaved. I could hardly keep from smiling because my son was an exceptionally well-behaved child who had little reason to worry about being punished for disobeying the rules.

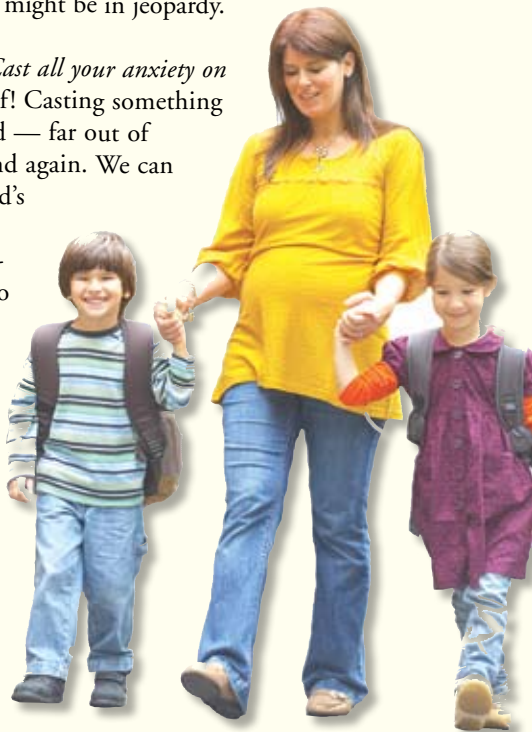
Many times we adults are guilty of the same mistake. We worry needlessly about things that will probably never happen. We stew and fret that maybe our loved ones might be involved in a car accident while traveling to see us, or we panic when they are late coming home from work. We may be concerned that we will run out of money before the next paycheck comes. We may fear that we won’t get a project done on time at work or, even worse, that our job might be in jeopardy. The list could go on and on.

But the Bible tells us in 1 Peter 5:7: *Cast all your anxiety on him because he cares for you.* What a relief! Casting something implies that we are tossing it to the wind — far out of our reach — never to be held in our hand again. We can simply throw our fears and concerns God’s way and He will take care of us.

Sometimes we may think that our worries are unspeakable, yet God will listen to every one of them. What a comfort to know that God is always there to take care of our every need. When troubles come, He may not always take them away immediately, but He does promise to be with us to give us strength to see us through and to answer our prayer in a way that is best for us.

Thank you, Lord, for your unspeakable mercy and love that we can rely on to soothe ... the worries on our heart.

Miriam Neumann of Indianapolis has served as Christian Growth chairman on local, zone, and district levels.



btw... btw is the acronym for “by the Way (Jesus).” It sets the tone for the current issue.