

"Why Worry When You Can Pray?"  
Joy Rice Martin

Recently I have found myself struggling with anxiety, partly because we are facing the realities of aging with its limitations--aching joints, sometimes not hearing or seeing as well, giving up some enriching ministries of the past, losing dear loved ones--some of you can relate to this. I'm also stressed by the fact that we are downsizing--choosing what to keep when we move to a smaller house, working on a new budget, and wondering if our house will sell in time to move!

So I go back again to Paul's wonderful admonitions for us in Philippians 4. You can read the whole passage for yourself, but here is my paraphrase of some of the high points for me.

*"Rejoice in the Lord always, and again I say (did you get it?) rejoice!...Let everyone see your gentleness... Remember the Lord is at hand (looking over your shoulder!) Don't worry about anything; instead, pray about everything. Tell Him what you are concerned about and what you need, and then thank Him for all he has done. Then your heart and mind will be guarded by God's peace, which is far more wonderful than you can understand...Finally, focus your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable, things that are excellent and worthy of praise. Remember to practice the things you have learned and seen in me and the God of peace will be with you."*

Remember Jesus said in John 14:27: *"I am leaving you with a gift—peace of mind and heart. And the peace I give isn't like the peace the world gives. So don't be troubled or afraid."*

We can experience God's peace, which is more wonderful than the mind can understand, and this peace will guard our hearts and minds as we live in Christ Jesus.

This is a favorite hymn that I sing when I am feeling fearful.

*Tis so sweet to trust in Jesus,  
just to take him at his word;  
Just to rest upon his promise,  
just to know, thus saith the Lord!  
Jesus, Jesus, how I trust you,  
how I proved you o'er and o'er,  
Jesus, Jesus, precious Jesus,  
oh, for grace to trust you more.  
I'm so glad I learned to trust you,  
Precious Jesus, Savior, Friend,  
And I know that you are with me,  
will be with me to the end!  
Jesus, Jesus, how I trust you,  
how I've proved you o'er and o'er,  
Jesus, Jesus, precious Jesus,  
oh, for grace to trust you more.*

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