

## Do Not Worry

*“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? Who of you by worrying can add a single hour to his life?”* Matthew 6:25-27



During the uncertainties we face during this time of pandemic, it is easy to give in to worry. How will I pay my bills, if I can't work? How can I do my work, if I have to stay home to teach my children? What if I'm a teacher, and I can't plan properly because the state or county keep changing whether I will have students in person, requiring interactive materials- or by video, requiring a whole different approach? What if the virus spreads to our home? How do I keep my elderly parents safe? The frustrations keep building. The 'rules' keep changing.

But God tells us not to worry. It just wastes our time and wears us out. He's got this situation under control, even though we don't see it ourselves. He wants us to give Him our fears.

Years ago I sang with a women's trio, and more recently with my daughters, a Bill Gaither song with the following lyrics:

I know He holds the future in the palm of His hand,  
And He has never failed me yet.  
I know He is leading and still has control,  
So why should I worry or fret?  
I believe, I believe, I believe- so why should I worry or fret?

*Dear heavenly Father - You lovingly care for the birds, and You care even more about us. Forgive us for worrying. Help us to relax in You. In Jesus' name. Amen.*

Judy Vasby