

Luke 10:39 “She had a sister named Mary, which also sat at Jesus’ feet and heard His word.”

“NEWSLETTER: “MOMENTS WITH MARY”

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“WILL WORRY REALLY MAKE IT BETTER?”

Luke 10:40-42 CEV “Martha was worried about all that had to be done. Finally, she went to Jesus and said, “Lord, doesn’t it bother you that my sister has left me to do all the work by myself? Tell her to come and help me!” The Lord answered, “Martha, Martha! You are worried and upset about so many things, but only one thing is necessary. Mary has chosen what is best and it will not be taken from her.”

Matthew 6:34CEV “Don’t worry about tomorrow. It will take care of itself. You have enough to worry about today.”

Will worry really make it better? People are overwhelmed by the events of the past year with the economic issues, plus many have serious personal concerns. They deal daily with these problems that cannot be avoided. We need to ask our selves some questions!

What real difference will worrying or being anxious make for me? People can develop health problems from stress unless they find a source of relief! The only true results of worrying I have observed or experienced, is it can make me pretty sick, but the problem will not be resolved by it!

Worry makes many fearful of things that *may occur* but does nothing to correct things. On the other hand, true concern can cause you to examine the situations and determine if there is reasonable action you can take! My Mom used to say, “People stew in their own juices”, which was a wise proverb! When we are constantly upset, we do not think in ways that bring proper action and/or peace!

Martha could have honored her guests with some fine cheeses and bread and taken the time to enjoy them! But she actually represents many of us who are so concerned about what we can do or serve others in some way, that we lose the joy of their company! Jesus instructs His followers over and over to find their peace by trusting in Him! Do we take the time to listen to His gentle persuasion? Reading His Promises, do we really believe them?

Will worry make it all better? No! Aren’t we supposed to care about what happens to us and others in our lives? Of course! The Bible says if we see someone in need, and we have the means to help them, we should! Now there are needy people all over the world, but we do not have the means to take care of all of them. We can pray that God sends help for them, for He knows where all the resources are.

Thanksgiving and Christmas is a time when hearts are often touched with compassion for others. We give food, money, gifts for the needy, and feel that we have done our duty for the year! Isn't it strange, that people are in need all year long, but since we "gave" last Thanksgiving and Christmas, we can't be concerned now!

Will the needs of our personal life blind us and prevent us from seeing and reaching out to others? The Passage in Matthew 6:25-34 is an excellent place to examine the Father's love and concern for our well being. If we trust in Him and obey Him, He promises to take good care of us. Does that mean we will never have any more worries or concerns? Absolutely not! But verse 34 informs us to take one day at a time! Look at what is happening today. What should you be doing today? If you are busy with today, let God take control of the tomorrows! Verse 32 b "Your Father in Heaven knows that you need all of these."

Shouldn't we make plans for the future? Of course, but remember, when circumstances change them, sometimes, very quickly and unexpectedly, are we trusting in our Father? He always has a plan for us, and sometimes that takes us in a totally different direction than we worked toward. Will we worry ourselves sick, or seek His face? Psalm 40:17 CEV "I am poor and needy, but LORD God, you care about me, and you come to my rescue. Please hurry and help."

Psalm 55:22CEV "Our LORD, we belong to you. We tell you what worries us, and you won't let us fall."

1 Pet. 5:7CEV "God cares for you, so turn all your worries over to Him."

As we approach the Holidays of Thanksgiving and Christmas, let us touch others with God's love and care. You can offer a smile and a good word of encouragement, as you share whatever the LORD lays on your heart to do! He does not withhold good things from His children. He has blessed us with Salvation through the Gift of His Son! He has freely given to us so much from His heart!

Will worry really make a difference in anything? It will only hurt us! On the other hand, true concern moves us to positive action and His peace that goes beyond what we could ever imagine!

**Trust Him and enjoy life as you live one day at a time!
In His Service, Mary Mayko**

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