

# I AM WORRIED!



I'm off to the doctor. I've got a lot of pain in my body, burning in my stomach and headaches! I'm sure I've got cancer! When my wife and kids find out that I'm a cancer patient, what are they going to say? In this state of upsetness, I get to the clinic of my trusted doctor. What is he going to tell this anxious patient?

After listening to all of my complex symptoms, he sent me off to the laboratory for the needed tests. Afterwards, he called me back into his office. I sat down opposite him, bracing myself for the worst. He matter-of-factly said "Don't worry! It's all OK!" I couldn't believe it. Impossible! I had been preparing myself for the worst, and now I heard this ordinary news, "You are suffering from anxiety, in other words tension. The best treatment for you is to stop worrying so much! I'll write you a prescription for some medicine that will help you somewhat, but the real treatment is just what I said: You have to stop worrying and fretting so much."

As I begrudgingly paid the fees to the person at the desk, I thought, "What sort of doctor is this! Can't he tell a sick man like me from a nut case?" I walked home in bewilderment, but slowly started to think that maybe I was overreacting. Maybe the doctor had possibly come to the right conclusion after all.

That was a devastating thought and hard to accept. Only suffering from tension! Have I really been worrying that much? I thought I was pretty normal. If it is only worry, then how in the world do I stop it? Easier said than done! Obviously this doctor doesn't know anything about the worries and pressures that us ordinary mortals go through in this life! It's easy for him with all his money and education to say "Don't worry!" However I have real problems that aren't going to get solved! If I don't worry about them, then how will the problems go away?

"OK", I thought. So what do I really worry about? That's easy. The kids, and their school fees, which every month I have trouble getting together. Then there is my work situation with all the daily pressures there for one reason or another. As well as that, there is inflation which keeps on going up every day: the price of food items, gas bills, electricity bills, and then medical expenses. None of us can afford to be sick! On top of all that, there is our family situation with all of us often having quarrels and fights. Unfortunately, our home is not a place of peace and tranquillity! I guess with all of this, it isn't surprising that I'm often angry and don't sleep too well at night.

So now, what am I to do? My question to myself is, "If I don't worry about all these problems, who will?" I know the answer. "No-one will!"

When I got home from the doctor, I found that a school friend from many years ago had dropped in to see me. My wife and kids were home too waiting to hear what the doctor had said. So, after greetings, they all asked the inevitable question, "What did the doctor say was the cause of your sickness? Did you get an injection? Will you need an operation?"

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I reluctantly told them what had happened and all that the doctor had said. It was a bit embarrassing. Now finally at this stage I had come to mostly accept his diagnosis, but had no idea how I was going to get better from all those crazy symptoms. In fact, I felt worse than ever, since I now had this new worry to worry about! Help! What am I going to do!


What happened next was a huge surprise to me. Maybe it was just luck or chance, but maybe the Almighty was by his grace giving an answer to my desperate prayer. My friend started to gently give me some advice. Surprisingly, since I was so desperate, I forgot about my honour and pride, and listened more and more intently. How could he help me?

“Brother”, he said. “I used to be just exactly like you, until just last year. You wouldn't believe how much I was in knots over all my worries. But someone helped me, and so I would love to pass on the same things to you that I was told back then.”

“You know, we think that if we don't worry about all of these problems we have, then no one else will. We also think that if we don't worry about them, then they won't get solved and get fixed. Isn't that right? However, I learnt that there is someone who is greatly concerned about us, and that he wants us to put all of our worries onto him, because he is able to carry those worries for us.”

Naturally, I asked, “Who? Do you mean God?”

“Right”, he said. “In the Holy Injeel there's a verse just like that.



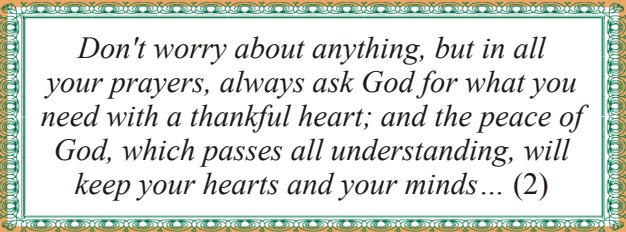
*Cast all your anxieties on him,  
because he cares for you. (1)*

How is it possible that the Almighty God could care for you and me? That's what it says and God's Word doesn't change and doesn't tell lies. So we need to accept that fact that he does care for us, insignificant though we may seem. He also wants us to cast our anxieties onto him, and off of ourselves! That means that we shouldn't keep on taking them back to worry about, like we so easily keep on doing!”

“Well, what do you think of that? You aren't offended by my giving you some advice are you?”

All I could think to say was that maybe he should tell me more, and especially how to do it all in practice. If it doesn't work practically for me, then what's the use?

He looked encouraged and with more excitement went on to tell me something else which had helped him so much with all his worries. It went like this,



*Don't worry about anything, but in all your prayers, always ask God for what you need with a thankful heart; and the peace of God, which passes all understanding, will keep your hearts and your minds... (2)*

“OK”, I thought. “Cast all of my millions of anxieties onto God, because he cares for little, insignificant me; and next, don't worry, but rather pray to God about my concerns while thanking him for what he has already given. But this 'peace of God' that actually 'passes all understanding' sounds wild! What could that feel like? Real peace? How could that be possible?”

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I decided that I would really like to have that. Is it possible? Peace of heart and mind seems unattainable, especially for me these days. How can that happen?

My friend looked a bit uneasy, as if he wanted to say something that would offend me. I was right. He said, "May I say something that may surprise you, and that you may object to at first?" Friends can usually get away with something like that!

"I didn't quote that last verse fully. It ends with '*... in Jesus Christ.*' That means that the secret of getting that '*peace which passes all understanding*' is dependent on getting it through Jesus Christ. Somehow he is the centre of God Almighty giving out and distributing that sort of peace to us mortals. That is very radical!"

My friend could see that this was all getting a bit too much for me, and that I was feeling more stressed than ever. He decided the best thing to do was to call it quits, but said that he wanted to share just one more thing with me to make it all tidy in his own mind and complete. This is how he ended off his counselling session.

"While I'm mentioning Jesus, then there is one last thing I would like to tell you. It's about what he said to help us with worrying and our problems. He said this to the people around him who were worrying about the necessity for daily needs being provided, like food, clothing and housing. This is what he said to them, with great meaning,

*Come to me all you who are weary and burdened, and I will give you rest. (3)*

That was his invitation to people like ourselves. We do fit the part about being weary and burdened, that's for sure!"

“If you really want to put this into effect, and to get some benefit from it for your worrying however, you will have to consider the next part. Jesus said,

*Take my yoke/burden upon you,  
and learn from me,  
for I am gentle and lowly in heart,  
and you will find rest for your souls. (4)*

Do you believe in Jesus? If so, then you are allowed to accept him and learn from him, just like he said, so you can find rest for your soul.”

“Well, that's that!” I thought. “Now all I have to do is process it all and see if I can not only accept it, but also then see if it works for me. It was really nice of him, however, to go to the trouble of trying to counsel me. Maybe it will help me? Where do I start? Maybe I could memorize those verses from the Holy Injeel that he shared with me, and then also that invitation by Jesus to give me rest, and see where I go from there... I feel keen to get started! I would give anything to have that peace of heart and mind!”

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#### References:

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| 1. Holy Injeel 1 Peter 5:7 | 3. Holy Injeel Matt 11:28 |
| 2. Holy Injeel Phil 4:6,7  | 4. Holy Injeel Matt 11:29 |

