

Messenger Of Truth

"Holding forth the Word of Life" (Phil. 2:16).

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Worry, Anxiety, And Stress

"The reason why worry kills more people than work is that more people worry than work." – Robert Frost

"When I look back on all these worries I remember the story of the old man who said on his deathbed that he had a lot of trouble in his life, most of which never happened." – Winston Churchill

"Worry never robs tomorrow of its sorrow; it only saps today of its strength." – A. J. Cronin

"Worry gives a small thing a big shadow." – Swedish Proverb

In society today you will hear people talk about the "Big Three," generally a reference to the automobile industry of Ford, General Motors, and Chrysler. But there is another "big three" in the realm of living that hits far too many lives, that of worry, anxiety, and stress.

The crippling power of this "big three" is often underestimated. Of interest, stress costs American industry more than 300 billion dollars annually due to absenteeism, reduced productivity, and worker's compensation benefits (The American Institute of Stress). It is alarming when one considers that a third of all people who work are deeply affected by the "big three."

When we look at the Scriptures, we realize that the Lord was well aware of man's tendency to fret over a lot of things. Do you realize that between Matt. 6:25-34, the Lord used the word *worry* five times! And when Jesus addressed Martha, the sister of Lazarus and Mary, you would have thought He spoke this in the 21st century: "Martha, Martha, you are worried and troubled about many things" (Luke 10:41).

Lest we think that all of this is just normal for us today, does not the Scripture admonish us to not let the "big three" plague us? "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your heart and minds through Christ Jesus" (Phil. 4:6-7). "Casting all your care upon Him, for He cares for you" (1 Pet. 5:7).

Like the modern workplace, the church has been hurt by those who let worry, anxiety, and stress become a way of life for them. It causes members to not be active for our Lord. It makes one wonder how many souls will be lost for eternity because members allowed the "big three" to so trouble them, that they never shared the Gospel with those lost souls!