

Worry Robs Life

By Joe Chesser

Every one of us has the same amount of time each day – 24 hours /1440 minutes. Time is what life is made of. So, since time is so precious, why waste a single minute of it in useless worry? What's the point of worry? What good does it accomplish? None whatsoever! Read carefully what Bob Proctor has written:

Clearly understand, there isn't any situation that isn't made worse by worry. Worry never solves anything. Worry never prevents anything. Worry never heals anything. Worry only serves one purpose ... it makes matters worse. How? Well, quite simply, when you are focused on worrying about something you'll never be able to focus on a solution. Be aware that your mind can't focus on two things at the same time ... it can either focus on the current situation and worry, or on a solution. The choice is always yours.

James Kurtz says, "If we worry, we don't trust; if we trust, we don't worry. Worry does not empty tomorrow of its grief, but it does empty today of its joy."

More importantly, the Bible tells us that we are not to worry about anything (Phil. 4:6 ; Matt. 6:25-34). God wants us to trust Him to provide the things we need in life. But even more, He wants us to allow Him to fill our lives with peace by giving Him all our anxieties and concerns. That sounds like a pretty good trade: my anxieties for His peace!

Instead of wasting your precious time in useless worry, displace the worry with its positive opposite. Everything negative has a positive opposite, including worry. Instead of fretting over people and problems, work with God toward good solutions. But by all means, don't allow worry to rob you of life and its joys.

Most of the things we worry about are a total waste of time. According to Bob Proctor, 40% of the things we worry about never happen, 30% of the things we worry about are over and done with and cannot be changed, 12% are over needless concerns about our health, and 10% are just petty miscellaneous worries. Only 8% of the things we worry about are legitimate concerns; 92% of our worries rob us of a joyful and peaceful life. But, as always, the choice is entirely yours!

Joe Chesser preaches for the
Fruitland Church of Christ, Fruitland, MO

Schedule of Services:

Greeting: Tom

Song Leader:

Myron

Opening Hymn:

23—Sweet Hour of Prayer

Opening Prayer:

Ray

Hymn:

50—He Leadeth Me

Scripture Reading:

Gary

Matthew 6:25-34

Hymn:

289—The Breaking of Bread

Lord's Supper:

Mark & Ron

Hymn:

100—Take My Life and Let It Be

Sermon:

Tom

Invitation Hymn:

78—Hark the Gentle Voice

Closing Hymn:

55—Take Time to be Holy

Closing Prayer:

Dale

PRAYER LIST

- *Nina's brother, James, has lung cancer.
- *Pat and Ron.
- *Juanita and her family.
- *Larry and Ruth
- *Dale, his mother and his cousin Jayna and her family. His friend Zarna and her family.
- *Ray, Rebecca, and Steven.
- *Rebecca will be scheduling foot surgery this summer.
- *Our congregation
- *Our Veterans
- *Our Nation

CALENDAR

- Jul. 21—Bible Study 10 am
Mark
- Jul. 21—Worship 11 am & 6 pm
Speaker: Tom
- Jul. 24—Bible Study 7 pm
Rob
- Jul. 26—Sing in Streetsboro
- Jul. 28—Bible Study 10 am
Mark
- Jul. 28—Worship 11 am & 6 pm
Speaker: Tom
- Jul. 31—Bible Study 7 pm
Rob
- Aug. 2—Sing in Hanoverton
- Aug. 4—Bible Study 10 am
Tom
- Aug. 4—Worship 11 am & 6 pm
Speaker: Mark
- Aug. 7—Bible Study 7 pm
Rob
- Aug. 9—Sing in East Sparta
- Aug. 9—a. Ray & Rebecca
- Aug. 11—Bible Study 10 am

Do Not Worry

Reference: Matthew 6:25-34

ABOUT	ADD	AFTER	ARRAYED
BARN	BIRDS	CLOTHING	CONSIDER
CUBIT	DRINK	FAITH	FATHER
FEEDS	FIELD	FIRST	GATHER
GENTILES	GLORY	GRASS	HEAVENLY
KINGDOM	KNOWS	LILIES	LITTLE
NEITHER	RIGHTEOUSNESS	SAYING	SHALL
SOLOMON	STATURE	SUFFICIENT	THEREFORE
THESE	THINGS	THROWN	TODAY
TOMORROW	TROUBLE	VALUE	WHICH
WORRY	WORRYING		

S Y L N E V A E H E D O N T O T W O
R S R T Y L S A R C L O T H I N G B
A O E U H E L O T G T S O R S S S M
O R R N I I F A N R O N G O S T A W
S F R L S E N I H E O R E W A A Y N
D U I A R U Y G L S R A N N R T I O
R L F E Y R O T S T O B T M G U N M
I O H F R E T E C O N S I D E R G O
N T R O I I D F T R O W L N W E I L
K L W L L C W O A H R R E E Y H A O
F E E D S A I K B I G O S I U T T S
T R O U B L E E I I T I T T S A O B
T O M O R R O W N N W H R H N G I T
H I U R E H T A F T G N Y E G R S T
D T I B U C F I E L D D Q R D Z S B
K N O W S T E S E H T G O S O R K U
V A L U E Y A D O T A D D M I L J F
Y B H R W H I C H M K G G F E P G B

Answer to Puzzle: do not worry
 about tomorrow, for tomorrow
 will worry about its things

Answer to Puzzle: _____
 _____,

Do what you can, with what you have,
 where you are. Theodore Roosevelt

SUNDAY: Bible Class — 10:00 am; Worship — 11:00 am; Evening — 6:00 pm
Wednesday Evening Bible Study — 7:00 pm
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Pod Cast: Chardon.podbean.com