



No Worries!

Everyone see this stone? It's a small, flat stone; flat one side and rounded the other. And some people, you know, carry stones like this around with them and do you know what they call it? A worry stone. And what they do, when they worry about something, they start rubbing it. And what they believe is, as they rub the stone, it gives them a peaceful feeling and takes their worries away. Does that sound ridiculous? How can rubbing a stone take away your worries? I think it's madness personally. Now tell me what sort of thing do you worry about?

"Someone who's not well", yes we worry about that.

"Friends", yes, make sure they're alright.

"SATS", yes, we worry about exams.

"School", yes, what else do we worry about?

"My dog", yes, what else? "My hamster", "My brother", "Homework", "The world and whether it's going to end". Yes we all worry about loads of things. We worry and worry and worry.

Let me tell you some things we might also worry about: whether we've got enough food, or whether we've got enough clothes. You see, food and clothing are very important, aren't they? But does worrying help us get the food and clothing we need? No, of course it doesn't. And this is what Jesus said to a large group of people who had gathered on a hillside to listen to Him speak. Jesus began to teach them. "Do not worry about whether you have enough food, and drink, or even enough clothes to wear. There are more important things in life than food and clothes." Then He went on to teach them a lesson about worry. "Look at the birds of the air" He said. "They don't worry about where the next meal is coming from. They don't store up food, but the Heavenly Father takes care of them. Surely you are worth more than a bird. And why worry about clothing?" Jesus continued. "Look at all the flowers in the fields as they grow; they don't work, or make their clothing, but they are beautiful aren't they? Flowers grow," like these ones, "and they're beautiful, and if God cares so much for these flowers, surely He will take care of you. Why are you worrying?"

So, do you think that means we can sit around and wait for food and clothes to drop into our laps from the sky?

"No", no of course not.

God provides food for the birds, but He doesn't throw it into their nests, it's up to them to gather the food. God provides clothing for us, by giving us jobs so we can have money to buy clothes and food. And sometimes God provides clothes and food through friends and

family. So remember to have faith in God and He will provide. And we must remember, we mustn't worry. It's funny isn't it? We all worry about things. For example, at the moment I haven't got a job. I lost my job a couple of weeks ago so now I'm looking for a new job. But do you know what, we have to trust and pray that I will get a new job; and tomorrow morning at 9.30, I've got an interview. And if you'll pray for me at half past nine, who knows what will happen. You can help take my worry away. But just think, I want you to remember every time you look at flowers that God cares more for you than those flowers. Just remember that: there's no need to worry.

Nicki Lewington