



## WORRY OR WORSHIP

By Becky Combee

I had an amazing moment recently while reviewing a book on worry. Suddenly the wind of the Spirit blew across my heart, and I realized that if I cast my care upon the Lord, placing God in charge of all my worries and concerns, I could worship God freely because victory was certain. When I relinquished every anxiety to my heavenly Father, my spirit would be filled with praise and thanksgiving, knowing that He was solving my dilemma. I would have no reason to worry.

*God is in charge of  
the maintenance of our heart.*

Although I have taught on the subject of worry for many years, I cannot remember teaching that a worry-free mind is full of praise and thanksgiving. Our files are full of outlines such as "Strangled by Worry," "Why Worry," "No Worries," "Worry or Pray" but there is no outline on worry that would direct our attention to worship.

Worship says, "I trust you. Thank you for working on my behalf." But worship is impossible if I continue to hold on to my disaster. We must "Cast every care upon God." The songwriter was right

## WHY I WORSHIP

By Suzanne D. Williams

A few years ago, after a not-so-good week, God reminded me why I worship.

That week, the stresses of work and home finally got to me. The truth is, I'd prepared for them to get to me. I'd known the week before what was coming up, and I'd dreaded it. This allowed it a foothold in my heart, and you know how that goes, then everything snowballs on you. Suddenly, it wasn't just the things I knew about that bothered me, but all the other things I found myself unprepared for, as well.

Come Wednesday morning, with yet more tasks before me, I was completely wiped out. But I had promised my daughter we'd go to a concert at a local church, where some friends of hers were playing, so we went.

I'm glad we did. Sitting there in the presence of God, I saw it all again. I knew why worship was such a good thing for me, and I remembered. I remembered how it healed my heart during my struggle with fear, how it continues to heal me each day. I remembered that five minutes in God's presence does more to refresh me than five days off or five hours of extra sleep.

Funny thing is, God set me up for it. As these kids with such a heart for God worshiped and lifted Him up, I heard no heavenly voice, yet I knew what

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when he said, "Give them all to Jesus."<sup>1</sup> He is my solution! When He is in charge, I am free! Worry and fear does not dominate my mind.

I love the historical origin of the word "worry." It is derived from several English words that mean to strangle, bite, and harass. With this understanding, it doesn't take mental gymnastics or spiritual foresight to get the big picture. Indeed, we see clearly that worry has the power to bite, harass and strangle. It eats into our minds, focuses our thoughts on disaster, and destroys our peace. Our experience dictates that this is true.

The word "worry" is correctly used to describe the fight of two animals. When one animal seizes another by the throat and shakes him violently, he is worrying his enemy. When he harasses his opponent by biting and snapping at him repeatedly, this too is worrying. It is also correct to use the word worry to describe the effort required to push a car uphill. As we all know, you cannot push a car uphill alone. Even with the help of many friends, we may not be successful.

The true solution for worry is to seek the help of the Lord. The apostle Peter writes, "Casting all your care upon Him; for He careth for you."<sup>2</sup> The psalmist David agrees saying, "Cast thy burden upon the Lord, and He shall sustain thee."<sup>3</sup> Together, these verses declare that God cares enough for us to sustain us. This means He will make provision for us, maintain us, led us, and guide us. When you hire someone to care for your yard, you want more than a written report expressing their concern. You want someone to work diligently to maintain your yard.

God is in charge of the maintenance of our heart. When we make Him Lord of our lives, we can celebrate the presence of His sustaining, maintaining hand. We can boldly say, "God is in charge." He will lead us to victory.

Trust Him! Lay worry aside and worship Him! "It is wonderful what happens when Christ replaces worry at the center of your life."<sup>4</sup>

<sup>1</sup>Give Them All To Jesus" by Cristy Lane <sup>2</sup>1Pe 5:7 <sup>3</sup>Ps 55:22 <sup>4</sup>Php 4:7  
MSG <sup>5</sup>"Turn Your Eyes Upon Jesus" by Helen Howarth Lemmel

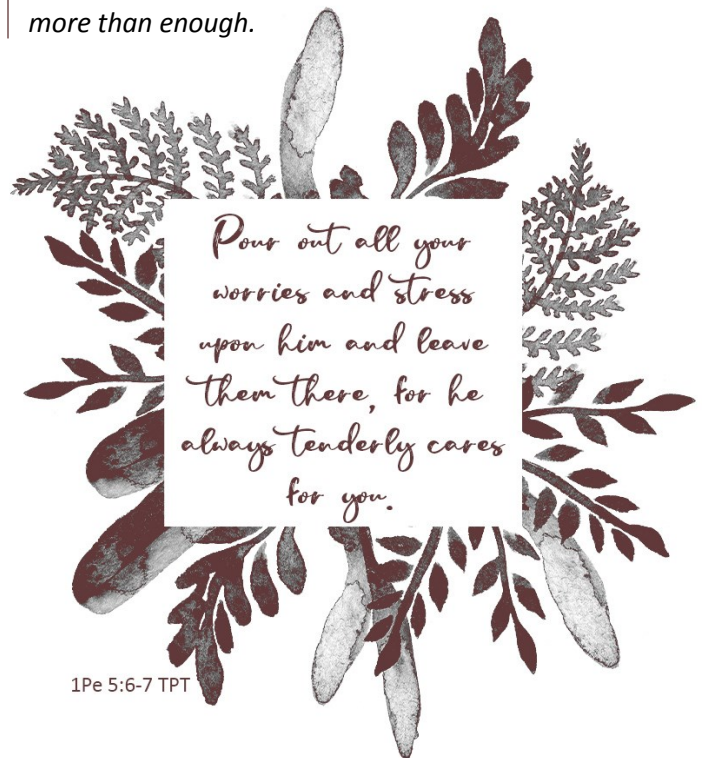
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God wanted me to see. He wanted me to see that He'd prepared that time and place for me in advance. You see, I know myself. Except for the fact that my daughter had been told that she needed to attend four concerts for one of her classes, my sheer exhaustion would have kept me home. I think God knew that too. He knows me, and He rearranged my life in such a way that I had to go. He knew what it would take to get me there. He also knew what it would do for my well-being.

I felt like a new person the next day. Worship always does that for me. It is like words of the old song state, "[In the light of His presence] the things of earth will grow strangely dim."<sup>5</sup> I am no longer focused on my problems. Instead, my focus is how great God is – how much higher and broader and stronger He is than everything around me, anything I face. All the pressures of the present fall away, and my heart regains the balance its supposed to have, where God is bigger and everything else is smaller.

I needed to worship, and my great and mighty God, unbeknownst to me, placed me where that was all I had to do. Thanks be to God!

*For You are holy. You are worthy. You are more than enough.*



1Pe 5:6-7 TPT