



and that's... **The Gospel Truth!!** with Pat Corn

a brief message of encouragement to make your day just a little bit brighter

I remember so vividly rushing to Freeman's News Stand on Church Street, in my hometown, to snatch up the latest edition of "MAD" magazine. Now, there were some pretty goofy characters in the cartoons in that magazine. Don Martin had toes that would hang straight down over a curb. Both of the "spies" were constantly getting blown up. Another character had a latch on his skull so his brain was always subject to scrutiny. My favorite character though was Alfred E. Newman. The red haired, freckle-faced fellow with the goofy grin bearing the byline, "What? Me Worry?". If you didn't remember his name, the byline was always ever present in your mind.

I am relatively sure that the mindset of Alfred E. Newman came on the heels of the beatnik era where "cool" was equated with a lack of initiative. I remember how the "Maynard G. Krebs" (recently deceased Bob Denver) beatnik character on Dobie Gillis would wince and freak out when he heard the word "work".

Somewhere along the line "worry" became popular. Worry encompasses so many different attitudes, none of which are healthy. Worry paralyzes a person. It's roots are found in fear and a lack of trust. It is more subtle though, and can be masked in different ways. Some folks worry and feel gratified that they have paid a penance and can expect a "blessing" from their actions. Others worry as a martyr control mechanism soliciting a response from others that enhances their level of appreciation from others, so they think. Others worry out of pure habit. Some folks are not "happy" unless they have something to worry about. Worry has a negative effect to all those around you.

Now, I'm not naïve enough to think that genuine concern isn't a valid and appreciated emotion. Genuine concern fosters an expectation that the object or subject of worry will take care of itself, in the long run, because God is in control. It's absolutely impossible to be a worry-wart and have faith and trust in God.

Here's what the Bible says about worry in Matthew, Chapter 6:25-34. By the way, these passages are in red ink in my Bible, so Jesus is the one doing the talking.

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon, in all of his splendor, was dressed like one of these.

If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

It does absolutely no good to worry at all. It robs you of your joy. The Bible says that "the joy of the Lord is your strength". Joy is an impossible possession if you are worrisome. Worry makes you weak and joy makes you strong.

So it's a simple choice. Which do you want; joy or weakness? It's entire up to you. Do you trust our heavenly Father enough to give your problems over to him? Are sick and tired of being sick and tired. Perhaps, you are suffering physically from a life of worry.

If so, place your life in His hands and leave it there. Let him return your life to you after He has fixed the problems, and trusts you to be a good steward with the ability to handle the circumstances that problem presents.

We are challenged in Romans 12:1 to "offer ourselves as a living sacrifice, holy and pleasing unto to God for this is your spiritual act of worship." In order to please God we must be full of faith...without worry.

As I always say...."Like a fingerless guitar player...FRET NOT!"

Or, as soul/R&B artist Bobby McFerron once sang..."Don't worry, be happy"

And that's...the Gospel truth!!

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