



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

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

“What? Me worry?” That’s the famous byline of Mad Magazine’s red haired, freckle faced icon Alfred E Newman. His wide toothed grin haunts the memory of many a boomer kid. He has been so popular that he’s has even had a presidential bid a time or two. That byline actually came out of the emerging attitude of the beatnik culture of the fifties and sixties as young people began to become more anti-establishment and thought that it was “cool” to avoid work and daily concerns. The Dobie Gillis Show had its Maynard G. Krebs whose voice went up an octave when he heard the word “work” and Mad Magazine had their Alfred E. Newman.

Alfred E. Newman’s byline actually had some spiritual significance. Worry is an insidious enemy that robs an individual of their joy and zest for life. Worry is a debilitating effort. The more you exercise worry, the worse things become. That’s an exercise that doesn’t build one up, but tears one down.

Rooted in fear and fueled with imagination, worry is an exercise in a lack of faith and trust that God is in control. Many people consider “worry” and “concern” to be synonymous, when in all actuality, they are complete opposites. “Concern” is born of the Spirit and recognizes that, though there may be problems ahead, God will exercise His sovereign will and totally manage the situation to His glory. “Worry”, on the other hand, is born of the flesh, and will consume a person’s mind feeding the fear and imaginations that lie beneath the surface.

The worries that folks seem to constantly deal with are so superficial. In the book of Matthew, he addresses worry head on. “Who of you, by worrying, can add a single hour to his life ?” Another verse reads, “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?” And another reads, “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.” And even another reads, “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Worry and trust cannot exist simultaneously. The Bible states that “Perfect love casts out all fear”. If we are to trust the Lord we cannot be riddled with worry, fearing the worst. Concern causes us to act and prepare to avoid situations and circumstances allow God to handle rest. We will be “pro-active” in our concerns and “crippled” in our worries.

I’d like to share with you what Dr. Dorothy McCoy states about the consequences of worry. The following is an excerpt from her “Pioneer Thinking” website.

“Consequences of Worry”.... “You may be all keyed up with nothing to fight or flee and no way to turn off the stress chemicals. You become a ticking bomb that is not allowed to explode-consequently, you may implode. If this happens frequently or over a long period of time, it can have a serious effect on your health.

Every system in your body is affected by worry. In addition to raising blood pressure and increasing blood clotting, worry can prompt your liver to produce more cholesterol, all of which can raise your risk of heart attack and stroke. Muscle tension can give rise to headaches, back pain, and other body aches. Worry

can also trigger an increase in stomach acid and either slow or speed up muscle contractions in your intestines, which can lead to stomach aches, constipation, diarrhea, gas or heartburn.

Worry can affect your skin (rash or itch). It can impact your respiratory system and aggravating asthma. Growing evidence even suggests that chronic worry can compromise your immune system, making you more vulnerable to bacteria, viruses, perhaps even cancer.

What should I do? Talk to someone. Talking to someone about your fears or concerns can shine the light of reason on the products of your imagination. Take action! When nature gave us the imagination to help us identify potential threats, it also gave us fear to spur us to take protective action. Make a plan and follow it through. Learn to let go....”

There are emotional and physical consequences created by worry, but, more importantly, there is a breakdown of your relationship with the Father. You don't love Him enough to trust Him to handle YOUR problems. Plain and simple, anything that separates you from God is sin.

If you are a “worry wart”, there isn't enough “Compound W” to fix it. But there is “Compound J” Compound Jesus! Dr. McCoy says to “talk to someone” so, “Have a little talk with Jesus. Tell Him all about your troubles. He will hear our faintest cry. He will answer by and by....”

In the words of Paul.... “Cast down every imagination that raises its self against the glory of God”

In the words of Bobby Mc Ferrin.....”Don't worry, be happy!!”

In the words of Pat Corn.....”Like a fingerless guitar player....FRET NOT!!”

And that's....The Gospel Truth!!

Your comments or questions are welcome

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