

## *Worrywart*

We all worry from time to time. An everyday personal event may trouble us. We can worry about something over which we have no control. Worry is defined in part as, “A state of anxiety and uncertainty over actual or potential problems.” A worrywart is defined as, “A person who worries too much or who worries about things that are not important.” Further definition includes, “One who worries excessively and needlessly.” The word worrywart first appeared in 1936, “Based on an old saying that if you worry too much you will grow warts” (*Wikipedia*).

Christians, who are guided by the Word of God – the Bible, generally will not be worrywarts. We do not excessively and needlessly worry about things over which we have no power. However, there are concerns we cannot handle such as government mismanagement, civil violence, foreign hostiles and general chaos. This type of worry is understood rationally and according to our normal ethical understanding that evil and the like will cause sorrowful anguish because of sinful mankind.

Peace in Christ is the solution to worry and anxiety. “Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity” (Psalm 37:1 KJV). “Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you” (2 Corinthians 13:11). “Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you” (1 Peter 5:6-7). “When peace, like a river, attendeth my way, When sorrows like sea billows roll; Whatever my lot, Thou has taught me to say, It is well, it is well, with my soul” (*It Is Well with My Soul*).

*By Donald R. Fox*