

18 April 2026

Life gets busy. With this business we tend to lose focus and start to stress. Usually over little Stuff. Worry creeps in and we focus on the negative and not the stuff Jesus is doing for us to solve it.

Matthew 6:34

New International Version

³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

We do not need to worry about the future. This doesn't mean we don't plan, still set alarms, coffee pots, lay out clothes but not out of worry but preparedness. If we are reading our Bible, then we know to be in constant prayer. In the morning, after meals, before tasks all times. Especially end of day as we are closing our eyes. If we can do this then it will come out just fine Like Christ taught us:

Philippians 4:6

New International Version

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

We are relying on The Lord and in His comfort. Because if we do worry we cannot change anything:

Luke 12:25

New International Version

²⁵Who of you by worrying can add a single hour to your life^[a]?

Trust in Him, learn how we can work on changing the things we can and stop worrying about the things we cannot change:

The Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.

Blessings

Chaplain Tony