

Do you worry? In general – about everything? Do you worry about things you have no control over? What are you worrying about these days? Have you noticed that the things you worry about seldom come to pass? Worry is a waste of our precious time. It robs us of the joy of the present moment. And yet we worry.

Today's readings are clear: do not worry. Focus instead on God's love and care for you: "God will never forget you. Rest in God Alone. You are most important in the sight of God".

Here are some antidotes for worry:

When you find yourself worrying about things that you have no control over, take a breath and rest in God alone.

When you imagine the worst at every turn, remember God will never forget you.

When you find yourself worrying about what others think of you, remember how important you are to God.

When you are focusing on your shortcomings, weakness, sin, remember to open your heart to the God who loves you as you are.

Today, let us pray with and for one another that when we find ourselves worrying, we will open our hearts to the One who loved us first and loves us best: the God who cares for you and me - tenderly and deeply.