

HomeTouch

is a weekly ministry of
Orange Coast Church



Pastor Ken Studer

Sunday, February 11, 2007

Scripture Reading: Psalm 1

TODAY'S THOUGHT: Thomas Jefferson once said, "We should never judge a president by his age, only by his works." And ever since he told me that, I stopped worrying. —Ronald Reagan

Death was walking toward a city one morning and a man asked, "What are you going to do?" "I'm going to take 100 people," Death replied. "That's horrible!" the man said. "That's the way it is," Death said. "That's what I do."

The man hurried to warn everyone he could about Death's plan. As evening fell, he met Death again. "You told me you were going to take 100 people," the man said. "Why did 1,000 die?" "I kept my word," Death responded. "I only took 100 people. Worry took the others."

There's some truth to that statement. According to the United States National Mental Health Committee, half of all the people in America's hospital beds are constant worriers. One would suppose that if you're lying on a hospital bed, it's no wonder that you are worrying. The bigger surprise is that there aren't more worriers in hospitals.

Yet, a little worry could be a good thing. It might inspire us to exercise more, and to eat right. Mental distress can lead to migraine headaches, arthritis, heart trouble, cystitis, colitis, backaches, ulcers, depression, digestive disorders and, yes, even death. The bottom line is that worry signals the end of faith. Let us do our best to give our life and death into the hands of God, and then live each day that God has given us to the fullest!

Prayer: *Holy God, it is natural for us mortals to wonder and worry, but we were created to live by faith. Help me to cast aside my fears and face today with confidence. Amen.*

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