

## Daily Devotional, July 29, 2021 What, Me Worry?

***Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest? Luke 12:22, 25-26 (NIV)***

When I read this verse this time around, an old song came to mind; "Don't Worry, Be Happy". This song was written and sung by Bobby McFerrin and was a very popular in the late eighties. The simple lyrics and easy-going reggae tempo can bring a broad smile to your face and ease you into a totally relaxed state of mind.

The lyrics begin: "In every life we have some trouble, but when you worry you make it double. Don't worry, be happy, Don't worry, be happy now...."

I'm not sure if Mr. McFerrin read the bible or was a follower of any path of faith, but in my mind, his message echoes the words of Jesus.

Don't worry: Jesus says: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27 (NIV)

Be happy: "Happy are the people to whom such blessings fall; happy are the people whose God is the Lord." Psalm 144:15 (NRSV)

Don't worry: Jesus says: "Do not let your hearts be troubled. You believe in God, believe also in me." John 14:1 (NIV)

Be happy now: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7(NIV) I have told you this so that my joy may be in you and that your joy may be complete. John 15:11 (NIV)

We don't have to worry, we can trust that Jesus knows our needs. So relax, don't worry, trust in Jesus and be happy!

***Prayer: Thank You Lord for taking care of me and for the grace that is sufficient for me today. I can be happy that You have blessed me and given me Your peace, Your joy, Your happiness, and Your love. Because of this blessed assurance, I don't need to worry, but to be forever happy knowing You are with me. Thank you, Jesus, Amen.***