

A Worry Chart

A businessman once made a *Worry Chart* on which he recorded all of his troubles and woes. After a year of this worrisome task, he decided to tabulate the results:

- 40 percent of his anxieties turned out to be things that were unlikely to happen.
- 30 percent were about decisions he had made – and could not unmake.
- 12 percent of his worries were based on people's criticisms of him.
- 10 percent were about his future health (including getting an ulcer from too much worrying).
- Only half of the latter 10 percent were items he had any control over.

Finally, the businessman concluded that only 8 percent of his past year's worries had been legitimate.

What about you? What are you worrying about today?

Why not convert your worry time to prayer time? It's amazing how much worry can be alleviated when we talk to God about our concerns and, in effect, give them over to His care.

One special note: Don't add worrying about how to pray to your list of concerns. If you can't find words to express your troubles, rest assured that God knows your heart and mind and hears you even when you don't speak.

Just sit quietly and soak up His goodness.

Who of you by worrying can add a single hour to his life? (Matthew 6:27).

--Beecher Hunter