

The Wednesday Worry Box

Sometimes, if you will just wait, problems take care of themselves.

J. Arthur Rank had a system for doing that. He was one of the early pioneers of the film industry in Great Britain, and he also happened to be a devout Christian.

Rank found he couldn't push his worries out of his mind completely; they were always slipping back in. So he finally made a pact with God to limit his worrying to Wednesday. He even made himself a little Wednesday Worry Box, and he placed it on his desk.

Whenever a worry cropped up, Rank wrote it out and dropped it into the Wednesday Worry Box.

Would you like to know his amazing discovery? When Wednesday rolled around, he would open that box to find that only a third of the items he had written down were still worth worrying about. The rest had managed to resolve themselves.



If you have a troubled heart (are you kidding, Beecher; we work in health care and hospitality), ask God to give you a new perspective. Also, ask Him to give you patience so that you do not jump ahead and worry about a problem that may never come.

But most important of all, ask God for more faith. Faith in God is the best remedy for all our problems. Jesus put it plainly:

Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? ... But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble (Matthew 6:25-27, 33-34 NKJV).

– Beecher Hunter