

Can any of you by worrying add a single hour to your span of life? ... Consider the lilies of the field, how they grow; ... If God so clothes the grass of the field, ... will he not much more clothe you—you of little faith?

Matthew 6:27-30

The logo for Living Compass features the words "LIVING" and "COMPASS" stacked vertically. The letter "O" in "COMPASS" is replaced by a circular icon containing a four-pointed compass rose. Below the main text, the tagline "outfitting for the journey" is written in a smaller, italicized font.

LIVING
COMPASS
outfitting for the journey

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“Por eso te aconsejo que compres oro refinado y una medicina para que te la pongas en los ojos y veas.”—Apocalipsis 3:18

Tuesday, December 6, 2022

Letting Go of Worry

by Scott Stoner

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It is worth noting that the word *worry* is derived from the 14th-century German word for strangle. Closely related to worry is *anxiety*, which comes from the root word that means *to constrict*. Worry constricts, perhaps even strangles, our ability to practice simplicity. And worry definitely robs us of living fully in the present moment.

Jesus is making the same point when he asks if any of us can add a single hour to our lifespan by worrying. Research shows just the opposite; the stress from chronic worry and anxiety can shorten our lives.

It is best to start with small, simple steps to loosen the hold that worry can have on us. Here is one idea of how to proceed. Name one specific concern you would like to let go of right now. As often as possible, speak this desire to yourself while visualizing what life will look like once you let go of this particular worry. Some people find it helpful to write down their worries as a way to release them. Try giving your worry to God in prayer. If you find yourself taking the concern back, that's okay; just let go and give it to God again—as many times as you need. Acting our way into a new way of feeling is sometimes the best way to create a change we desire. And finally, notice if, over time, you experience a little more peace and simplicity as you let go of your specific worry.

Making It Personal: Were you able to name a specific worry that you want to release? Did speaking, visualizing, and/or writing about letting go of this worry ease its burden? Do you see a connection between simplicity and letting go of this worry?



Learn

Advent Day 10

Read Luke 1:45.

Share your faith story with one new person this week. It can be someone you have known for a while who has not heard the faith part of your story.



The Way of Love

