

Why Worry Is a Waste of Time

Worry and I used to be very close companions. We spent a lot of time together and back then, I thought that was a normal way to live. But through the years, God has helped me end my relationship with worry. And He did it with the help of my husband, Dave.

Dave and I have been married for more than 55 years now, and *every time* I have come to him with a problem, he has had only one thing to say: "Cast your care."

It's not very appealing to hear those words from your spouse when you're feeling frustrated and upset, but it's exactly what the Bible tells us to do.

First Peter 5:7 (AMP) says to cast "all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you carefully]."

The word "cast" means "to pitch or to throw." I think that description says a lot because if you're going to end your relationship with worry, then you're going to have to get aggressive about it.

For example, we don't have to accept every thought that comes into our head. We can be selective, casting out the wrong ones and helping the right ones take root. Also, I find that my whole outlook changes as I say simple prayers: "God, I believe You're working in my life, and I'm expecting something good to happen today."

I'm not saying we should ignore our problems, wishing they'd just go away. It's good for us to look at our problems honestly, but we can't let them keep us from adopting a hopeful attitude that says, "I believe God is in control!"

Timing Is Everything, and Everything Takes Time

Typically when we have a problem, God will do one of two things: He'll either remove the problem or He'll give us the ability to get through our time of difficulty with a good attitude.

I've found that as I grow in my relationship with God, I become more comfortable leaving that choice up to Him. Because if He leads me through something I really don't want to go through, then I know for sure He has a purpose in mind.

As a child I experienced years of sexual and emotional abuse, which was absolutely tormenting. The amazing thing is, everything God has done in my life through that horrible situation—all of the healing and restoration—has prepared me to do what He's called me to do today. I didn't always understand *why* things were happening the way they did at the time, but I learned how to walk by faith and trust God's goodness even when my circumstances didn't make sense to me.

It's absolutely wonderful when we can feel completely comfortable not knowing the "why" behind what's happening in our lives.

Proverbs 3:5-6 says, "Trust in *and* rely confidently on the Lord with all your heart and do not rely on your own insight or understanding. In all your ways know *and* acknowledge *and* recognize Him, and He will make your paths straight *and* smooth [removing obstacles that block your way]."

We don't always have to know what God is going to do or when He's going to do it. All we really need to know is that God has a plan and He is in control. We can rest in the truth that at the right time, God will execute His plan.

Trusting God Brings the Best Results

Maybe there's something happening in your life right now that

you just don't understand, and it's causing you a lot of worry and frustration. Wouldn't it be wonderful to just be able to say, "I don't understand this and it hurts right now, but I believe God is going to work it out"?

If you've already wasted a lot of your time with worry, I encourage you to cast your cares. Instead of giving way to anxious emotions, you can choose to rest in the truth that in time, God's good plan will be revealed.

Romans 8:28 says, "We know [with great confidence] that God [who is deeply concerned about us] causes all things to work together [as a plan] for good for those who love God, to those who are called according to His plan and purpose."

Not everything that happens is good. But it can work out for good for those who keep loving God and keep pursuing His will in their lives. So don't waste your time worrying, because there's nothing God can't turn around if you'll put your trust in Him!

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Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 140 books, including "Battlefield of the Mind" and "Loving People Who Are Hard to Love" (FaithWords). She hosts the "Enjoying Everyday Life" radio and TV programs, which air on hundreds of stations worldwide. For more information, visit .

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