

Respected Achen, Parish members, and my friends in Christ.

As we approach the summer months many of us are finishing school and starting work. During this time we face many uncertainties and there may be many decisions we need to make. We often call God during times of stress as we believe He has a plan for each one of us. But when something doesn't happen according to our plan, we start to get worried about the future. Matthew chapter 6 verse 34 says; "therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble". Our life will only pan out the way God entails. Because God's love is everlasting and great, He will guide us in the path that is best for us. In this verse God is telling us not to worry about our needs for the next day. Worrying is actually a sign of little faith. Nowadays it seems that there's always something to be stressed out about. It has become so ingrained in ourselves that we try to distract ourselves from it for a little while by using TV or the internet instead of coping with it altogether. During times like these we can to pray to God and put our worries unto Him. Trust that he will provide for us and give us the strength to do anything we need to achieve. However, this does not mean we don't need to plan. We must be prepared and work hard for the future. Healthy concern is also necessary for the wellbeing of ourselves and our children. What then is the difference between worrying and being prepared? Most people worry about what they don't have. For example, more money, better job and a higher position in society. We assume that these are the things that will secure our future. But what is required of us is to make the most of what we do have and leave the rest to God. God wants us to work hard and to the best of our ability with the talents and skills that we are given.

So what can we do to relieve our anxieties? Always pray during times of decision making and stress. Prayer is a way for us to talk to God. In modern society we spend time and money

going to counsellors and therapists in the hope that they will be able to resolve our issues. But God is the ultimate counsellor. In Matthew chapter 11, verse 28, God says “ Come to me all you who labour and are heavy laden and I will give you rest”. God knows that we all labour for things in life (as we should) but He provides comfort for us as well.

God teaches us to look to heaven for earthly possessions and secure our faith that he will provide. God knows your needs better than you do. First seek the kingdom of God and all these things will be added to you. So next time you're feeling anxious or stressed about work or school or exams, just take sometime to pray. Through prayer and meditation, you will receive the strength and guidance required to face anything that falls on your path. When you put all your faith in God and trust in him, you will discover there is no reason to be worried.

By,

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