



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY Care TOPIC

Put Your Worry to Work

Why Worry?

The Webster's definition of worry means to shake and mangle with the teeth; as a dog *worries* a rag toy; To fret; trouble; plague; To feel or express great care or anxiety; to fret; Undue anxiety; vexation; care. If we asked our family or coworkers, I am sure that stories of anxiety, stress, and ulcers would be shared about people who struggle with the word **worry**.

Benefits of Worrying

We can learn from our worries. Worries can:

- Identify area of concern.
- Reveal problems.
- Define what is in our power to address and what is not. Some items that cause us to worry are beyond our natural abilities to control or influence.

An Assignment

Take a moment to make a list of items that are causing you anxiety, concern, or worry. Beside each worry make a note if it is in your power to influence, change, or not.

Put Your Worry to Work

Now that you know what you are facing, we can determine what, if anything, we can do about our worries. Some items are just plain out of our hands to tackle.

You can use this list as a prayer guide. This can assist you to have acceptance and faith that God is able to help you. We can ask God for wisdom and grace to help in our times of need (*Hebrews 4:16 and James 1:5*).

Remember that worry, in itself, cannot change any situation. But we can use worry to enhance our perspective with the goal of making our lives better and more livable.

Introducing your Community Chaplain

Eric Kieselbach

(pronounced "key-sill-baa")

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"Worry: to be anxious, fret, concerned, troubled, and to lose sleep over a situation."

"Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God."

Philippians 4:6

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