

SOMETHING TO CHEW ON

A subject relevant to our particular age today is "Hurry, Worry, Bury".

Hurry! We have an excellent prescription for this malady from the pen of the psalmist, David, "Be still, and know that I am God." Psalm 46:10. Many today are extremely busy, and it seems that there is more to do than actually gets accomplished. However, have we adopted an intelligent attitude toward this? Have you ever stopped in the midst of life's stampede to ask, "Why the big rush, anyhow?" One fellow when asked why he was in such a great commotion said, "I want to hurry and get there, so that I can hurry and get back." Back in pioneer days, if a man missed a stage coach, he would shrug his shoulders and say, "So what, there'll be another one along in a couple of weeks." But today the average man is ready to explode if he misses even one section of a revolving door.

The day and time in which we live contributes to our hurried pace. We live in a period when we can get things quickly. We have instant coffee, instant tea, instant dinners. We want what we desire now. And if we don't get it immediately, we work ourselves into a frenzy. In recent years the medical profession has become concerned about the relationship between anxiety, frustration, stress, emotional collapse - and hurry. Hundreds of thousands of people in our country have to take sleeping pills and nerve medicine every night to find sleep. God never intended that we go through life with shattered nerves.

The trouble with many of these people is simply that they need to slow down and learn to relax. We form a habit of hurrying, and like any other bad habit, it is difficult to break. These bad habits enslave us. We rationalize our hurried pace by saying, "We save time." But notice the person who is always hurrying to "save time." He has never learned how to adequately spend the time he saved. Behind the lives of many neurotics will be found this habit of needless hurrying. A woman one day called upon her doctor and said, "Doctor, I'm just run down," to which the physician replied, "No, lady, you're not run down; you're wound up."

We need to stop and let our souls catch up with our bodies. We are not giving God a chance to speak to us because we won't be quiet long enough. We need this spiritual prescription, "Be still, and know that I am God." Many of us have never had this filled. Many have never learned to get along with themselves and relax.

But therein lies our difficulty. We can't stand to be alone. Put the average man in a room by himself, with nothing to do but relax and think, and he panics from boredom. God would have us be still and know that He is God.

Worry! The Apostle Paul in Philippians 4:6 wrote, "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your request be made known unto God."

Worry affects us not only spiritually, but physically. Worry takes its toll in human misery and suffering. There's an old proverb which says, "If we don't worry, we'll go to the poorhouse; if we do worry, we'll go to the insane asylum."

Let it be understood, of course, that there is a great difference between worry and concern. Wholesome concern prevents us from becoming indifferent to what is happening to us. We ought to have a healthy concern for the future. The writer of our maxim means, "Do not be anxious about the things that do not matter much after all, but seek the true meaning of life." Worry seldom has an objective, and the things we fret about are usually insignificant.

The Bible teaches that we are to respect and care for our bodies. Therefore, if worry hurts us physically - and there is little doubt about that - then worry is a sin against both God and ourselves. Someone has described worry as a "mental tornado revolving around a centre of fear. An illegitimate child of ambition, a spiritual bandit, who steals our peace of mind." Worry robs us of joy, peace, and happiness. Life becomes meaningless to the man who is constantly addicted to worry. He drifts through life without a real goal.

Actually, the things we worry about most never really come to pass. It was Emerson who wrote, "Some of your hurts you have cured, and the sharpest you still have survived, but what torments of grief you endured from evils that never arrived!"

Isn't it true that many of our worries are borrowed from a previous day? We worry about mountains we will never have to climb. We worry about rivers we will never have to swim. We worry about "bridges that were never built over chasms that never existed."

Someone has said, "Worry often begins in an honest solicitude and, fattening on trouble, becomes a relentless monster." Why worry about yesterday? It is forever gone. Why dread tomorrow? It isn't here yet. Today is the tomorrow you worried about yesterday. In short, why worry at all? Worrying about yesterday and tomorrow takes all the zest and joy out of living now. We should make today the best day we have ever lived; tomorrow will take care of itself.

A sign in the window of a funeral home in Atlanta Georgia said "Why walk around half dead? We can bury you for \$690-50," Many people are stumbling around half dead because worrying has built a mountain of problems through which there is no pass, and they have surrendered to fate.

Bury! This does come quite naturally last. Those who go through life hurrying and worrying will usually go to a premature death. Christ has given us a wonderful spiritual prescription in Matthew 11:28: "Come unto me, all ye that labour and are heavy laden, and I will give you rest." This prescription often remains unfilled.

An old hymn used to be sung, "My sins have been cast in the depths of the sea, down deep in the sea." But we don't leave them there. Too often we go on skin diving

expeditions to bring these things up from the past. We nourish them, we cherish them, and we just can't seem to forget these failures.

It is difficult for us to live in the present. We must hurry, we must worry; but unless we make up our minds to starve our worries to death and then bury both hurry and worry, then they might as well bury us.

Many lives have been shattered by unhappiness because stubborn people were not willing to surrender their animosities. Then again, we are always digging up contentions which only remind us of all the heartaches of the past and rekindle old passions of anger, lust, or greed. Why not learn to entomb these burdens?
