

THE USELESSNESS OF WORRY

Did you ever stop and think about all the energy that you waste by useless worry? One reason for less happiness in our lives is our tendency to worry far too much about concerns that end up being mere puffs of smoke.

The truth of the matter is that the overwhelming majority of our worries are about things that never happen. Hypochondriacs keep worrying about being sick and actually get sick worrying about it. We worry about countless unfortunate situations that never occur. Though air crashes rarely occur and flying is the safest mode of travel, we worry that our aircraft will go down. It's useless worry that drains us of much needed energy that could be put to better use elsewhere.

So many of us suffer from nervous tension. We spend too much time thinking negatively that the worst will happen to us. We have to keep reminding ourselves to count our blessings and to smile at our good fortune. We fret over pimples when the rest of us is in fine shape.

We worry bugs who keep eating away at our own self-esteem. We don't trust ourselves enough to think that we can make our way through life and find our happiness.

When we make mistakes, we tend to see them as failures rather than learning experiences. We think we cannot do the things that others are sure we can do. In short, we think less of ourselves than others think of us.

We need to be kinder to ourselves. We have to study ourselves more carefully and list down the personal assets that we have acquired over the years. We are not the helpless children we once were. Too often, cannot seem to outgrow them. We get conditioned by childhood scripts we learned as kids and find it difficult to rewrite those scripts that seem to have us trapped in a stranglehold.

Many of us are talented beyond belief, but don't believe it. We therefore do not behave the part and instead function way below our potential. We need to slow down and take time to smell the roses. We have to look at ourselves and see our true selves stripped of unfounded fears. We have to stop thinking badly of ourselves and remember that we are the children of God and deeply loved and supported by Him.

Sure, we will not be exempted from pain and suffering, but we have all that is needed to overcome. We have been gifted with incredible inner strength by the Almighty. What we need to do is make good use of it. We need to walk with God knowing that in everything, He will forever be at our side, watching over us and comforting us.

To worry about problems that might happen is a useless exercise in self-depreciation. It is enough that we have to react to the real and inevitable difficulties that life gives us without having to worry about what could happen. We need to do whatever is necessary to change the negative mind set that drags us down and instead work to see life for what it is: a fascinating journey into the unknown that inevitably leads to God.