

How to Overcome Worry

Excerpts from the How to Solve Problems series by W.D. Frazee

When their faith is tested, even by little trials, they manifest no more faith or patience than did ancient Israel. When brought into strait places, they murmur at the process by which God has chosen to purify them” *Patriarchs and Prophets*, page 293.

Who chooses these purifying processes? God. Does He really? Well, if He doesn't, friends, we are in a hard situation. But we know He does, and we believe it.

“Though their present needs are supplied, many are unwilling to trust God for the future, and they are in constant anxiety” *Patriarchs and Prophets*, page 293.

That is the word - anxiety. Tossing all your anxieties upon Him. But these people are in constant anxiety:

“Lest poverty shall come upon them, and their children shall be left to suffer. Some are always anticipating evil or magnifying the difficulties that really exist, so that their eyes are blinded to the many blessings which demand their gratitude” *Patriarchs and Prophets*, page 293.

When I was a young man working with Elder Tindall out in San Francisco, among others who came to our meetings was a woman who accepted the truth.

Several years later when I went back as a delegate to the General Conference, I met this woman. She was there attending the General Conference. I asked her about her experience and how she was getting along. And I found out that she had given up the Sabbath, wasn't keeping the Sabbath anymore. So, of course, I was sorry about that, and I inquired into it. And she told me that she was a widow and that she had to work on the Sabbath in order to support her children.

Now, I said, “Sister, don't you remember how the Lord cared for that widow that Elijah stayed with, how He lengthened out the oil and the meal? And don't you remember how the Lord led the children of Israel right through the Red Sea and then fed them with manna?”

“Oh, yes,” she said, “but God wouldn't do anything like that for me.”

And I looked at her a moment and I thought, “Yes, that is the truth.” So I said, “That is the truth, Sister. God wouldn't do anything like that for you. Do you know why? You would never give Him a chance. When was it that God worked the miracle for the widow that multiplied her food? It is when she had served the very last that she had.”

“But,” I said, “Sister, bless your heart, long before you ever got to the end of your bank account, let alone the end of your cupboard, you would be out breaking God’s Sabbath in order to make some money. There is your problem.”

Oh, the servant of God tells us, friends, that many take such good care of themselves that they don’t leave much room for God to take care of them. And believe me, if your great burden is to take care of yourself and get what you want and even what you need, if that is the great burden on your heart, you will have anxiety and worry and care that may give you an ulcer. It may give you high blood pressure. It may give you a lot of things. And you may say, “Oh, I had to do it because I don’t know what in the world would happen to me if I hadn’t.”

Well, that is the point. I was reading here in *Mount of Blessing* that when we try to manage things ourselves we really have something to worry about.

Listen:

“When we take into our hands the management of things with which we have to do we are taking a burden which God has not given us, and are trying to bear it without His aid. We may well have anxiety and anticipate danger and loss, for it is certain to be fall us”
Thoughts From the Mount of Blessing, page 149.

There it is, dear ones. If we choose to run our own affairs, to paddle our own canoe, to chart our own course to our goal, and then bend all our energies to get the thing that we want or the thing that we think has to be, then God says, “Poor heart, you will just have to worry your way along until it either puts you flat on your back or until something happens that leads you to see that it isn’t the way of peace at all.”

No, Jesus says:

“Casting all your care upon him; for he careth for you”
1 Peter 5:7.

But do you know, friends, what that includes? That includes turning over the management of ourselves and our affairs to Him. It means that we are willing for Him to take us out of the problem anyway He chooses. That is why the three Hebrews at the fiery furnace were in perfect composure. They said to the king, “We don’t know whether God will deliver us out or not, but we do know this: we will not worship the image. And God will take care of us whatever way He sees fit.” See?

Listen:

He knows, He loves, He cares,
Nothing His truth condemns;
He gives His very best
To those who leave the choice with Him.

But that is it, dear ones. There is no way on earth to toss your burden to the Lord and still keep hold of the steering wheel. Oh, no. If you take that responsibility, with it you take the worry, you take the burden, you take the anxiety. It is there, and you can't avoid it.

The only way on earth that you can turn loose of that worry and anxiety is to put yourself in the hand of God - for life or death, for prosperity or adversity, for success or apparent failure - willing to be anything or nothing if only God's plan can be carried out.