

NO WORRIES

I had quite an adventurous drive on Monday morning driving my daughter back to university in London. We left early because she had an appointment at 10:00 a.m. with an academic advisor. We had no sooner got off the 403 and turned onto the 401 westbound when the traffic came to an immediate stop. After almost a half hour without moving more than a few car lengths we decided my daughter should message her academic advisor to reschedule because we had no idea how long we would be caught on the highway. After she sent a message to her advisor, my daughter began to worry if she might miss her first class because she had a test that morning. I told her not to worry that at the first opportunity I would get off the 401 and take Highway 2 into London.

Thankfully, about 15 minutes later, I was able to get to one of the exit ramps in Woodstock and start making our way toward London. When we arrived at my daughter's residence, I grabbed her suitcase while she got her backpack so I could free up her hands as we entered. It just so happened that another student was coming out the door as we were about to enter. I did a quick jog, without too much heavy breathing on my part, to keep the door open for my daughter because it automatically locks afterward. When I thanked this student for opening the door for us, she responded, "**No worries.**" This is not the first time I have heard somebody reply this way when I have thanked them for something. More often I will hear them reply with, "**You are welcome,**" or with "**My pleasure.**"

I don't know if it is a generational thing, or just this student's preference, but I found myself thinking a lot about her response on the drive back home. Wouldn't it be nice if we had "no worries" to speak of. This is rarely the case for us at times in our lives. Many people are worried about the events we are seeing being played out in the news and on the world stage at this time. Some people I know are very worried about their health, or that of somebody quite close to them. I know of others who are very worried about their finances at this time, due to some unexpected expenses they have had to incur. Others I know are worried about conflict that is occurring in their lives and they are uncertain how it might be resolved. To experience "no worries" in our lives seems more like a rarity rather than a constant.

God knows our tendency to worry and as a result we find in the pages of Scripture many references encouraging us not to hold onto them. David came

to understand this when he experienced worry as he faced difficult people and experiences in his life. He wrote in Psalm 37:3-7:

Trust in the Lord and do good. Then you will live safely in the land and prosper. Take delight in the Lord and He will give you your heart's desires. Commit everything you do to the Lord. Trust Him and He will help you. He will make your innocence radiate like the dawn, and the justice of your cause will shine like the noonday sun. Be still in the presence of the Lord and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes.

In order not to fret and worry, David advised people to take delight in the Lord and commit everything they have and do to Him. To delight in somebody means to experience great pleasure and joy in that person's presence. In order to delight in the Lord, we must know Him better and as we do, we will begin to be delighted by His great love. To commit ourselves to the Lord means entrusting everything to His control and guidance whether it be our family, our jobs, or our possessions. By committing to the Lord in this way, we are showing we are trusting in Him completely because we know He can take better care of us and the circumstances we might be worrying about, than we can ourselves. The key according to David to experience "no worries" is to dwell on God's goodness and love as opposed to our problems. By doing so, we will be opening the door to feeling "no worries."

I took Highway 2 back after dropping my daughter off at university. I had no worries taking this different route back because I knew where to find a Tim Hortons along the way.

Keep safe and God bless

Pastor Dean