

FaithBIT



Wanna Play the Worry Game?

Reflection by Janell Weum

Wanna Play?

My mind itches to play the “Worry Game” of what ifs. I’m refusing....so far. But the starting whistle continues to blow. “On your mark...get set...go. Let your mind race.”

People closest to me are going through concerning medical issues. Issues that are hard, if not, difficult to control or predict. And so many different scenarios could play out.

The “Worry Game” calls out.... “wanna play? Let’s play out those scenarios in your mind. (Over and over and over). Let’s play the never-ending game!”

I’d rather not start the game that has no end. But sometimes it’s hard to tune it out. God understands and has given us a way to focus upon the truth of God’s love.



“God understands and has given us a way to focus upon the truth of God’s love.”

- Janell Weum

Philippians 4:8, *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

The quiet voice speaks:

I am the LORD, your Shepherd.

You shall not be in want.

I will restore your soul.

I am with you.

Think on these things....and the call for the game fades.