**Worry**

**Can any of you by worrying**

**add a single hour to your span of life?**

***(St. Matthew 6:27)***

**And Jesus said to his disciples, therefore I say to you,**

**Do not worry for your life, what you will eat;**

**nor for your body, what you will wear.**

***(St. Luke 12:22)***

**Who among you by worrying can add to his stature one cubit?**

***(St. Luke 12:25)***

**Do not keep striving for what you are to eat and what you are to drink,**

**and do not keep worrying.**

**Instead, strive for his kingdom,**

**and these things will be given to you.**

***(St. Luke 12:29,31)***

**Do not worry about anything,**

**but in everything by prayer and supplication with thanksgiving**

**let your requests be made known to God.**

***(Philippians 4:6)***

**Worry amplifies a whisper into a shout. *(William Arthur Ward, in Think It Over)***

**That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent. *(Chinese proverb)***

**Worry is like a rocking chair: It gives you something to do but never gets you anywhere. *(Erma Bombeck)***

**Sometimes you lie in bed at night and you don't have a single thing to worry about. That always worries me! *(Charlie Brown)***

**Dale Carnegie says in his book on worry, “Never try to saw sawdust,” for that is wood that has already been sawed; no one can saw sawdust at any time./ When you are worrying over things you did not do or things you should have done in a bygone past, then you are trying to do the impossible – saw sawdust. *(Albert E. Cliffe)***

**We worry about what a child will become tomorrow, yet we forget that (the child) is someone today. *(Stacia Tauscher)***

**The crisis you have to worry about most is the one you don’t see coming. *(Mike Mansfield, American statesman)***

**When a young Marie Curie worked as a governess, she fell in love with the wealthy family’s son, but the parents refused to allow them to marry. Marie contemplated suicide, then got over it and moved on into scientific research, saying, “Life does not deserve to be worried over.” *(Bob Fenster, in They Did What!?, p. 137)***

**“Worry is the darkroom where negatives are developed.” *(Sign seen on the morning commute to work by Guideposts ready Judy Sankey of Ixonia, Wisconsin)***

**There are two days in the week about which and upon which I never worry. Two carefree days, kept sacredly free from fear and apprehension. One of these days is Yesterday. And the other is Tomorrow. (*Robert Jones Burdette, American clergyman and author)***

**When I don’t have anything to worry about, I begin to worry about that. *(Walter Kelly)***

**Don't worry if your 5-year-old insists on a pink frilly princess dress. It doesn't mean she wants to subside into froth; it just means, sensibly enough for her, that she wants to take over the world. *(Naomi Wolf, author)***

**Worry does not empty tomorrow of its sorrow; it empties today of its strength*. (Corrie Ten Boom, humanitarian)***

**Life seems so empty, now that I have less to worry about. *(Ashleigh Brilliant, in Pot-Shots)***

**Heavy thinking, contrary to popular belief, requires hardly any energy; half a peanut an hour would keep the hard-working brain of an atomic scientist going. Worry and apprehension, on the other hand, speed up all body activity, and energy requirements skyrocket. *(J. D. Ratcliff, in Reader’s Digest)***

**A day of worry is more exhausting than a week of work. *(Bits & Pieces)***

**Do you worry too much? Consider this reader’s comment: “Farmers don’t worry as much as other people do. They stay so busy days they don’t have time. They’re so tired nights they go right to sleep.” *(L. M. Boyd)***

**Too much stress and worry in your life may lead to flatulence. Find a way to release tension through exercise, yoga, or meditation instead. *(Ben Franklin's Almanac)***

**We experience moments absolutely free from worry. These brief respites are called panic. *(Cullen Hightower, aphorist)***

**Don't worry that children never listen to you; worry that they are always watching you. *(Robert Fulghum)***

**Why worry one’s head over a thing that is inevitable? Why die before one’s death. *(Mahatma Gandhi)***

**Worry is a fast getaway on a wooden horse. *(Stanley Horowitz)***

**Doing beats stewing. *(Arnold H. Glasow)***

**The greatest of worries can’t pay the smallest of debts. *(Jewish saying)***

**Half the worry in the world is caused by people trying to make decisions before they have sufficient knowledge on which to base a decision. *(Dean Hawkes)***

**That worry is wrong and hard on your health -- I haven’t the slightest doubt. But most of the people who tell me this – have nothing to worry about. *(Richard Armour)***

**Fletcher Byrom, retired chairman of Koppers, a construction materials and services company, was asked what was the hardest decision he ever had to make. He responded: “I don’t know what a hard decision is. All I can do is the best I can. To worry puts obstacles in the way of clear thinking.” *(Warren Bennis & Burt Nanus, in Reader’s Digest)***

**The heavy toll of worry: Taking the stresses of everyday life too much to heart could increase your risk of cardiovascular disease and shorten your life. A new British study of more than 65,000 people found that those who reported feeling even mild anxiety -- of the sort that distracted them, depleted their self-confidence, or sometimes kept them awake at night -- were 16 percent more likely to die over a 10-year period than those with no such worries. About one in four people experiences mild anxiety, but most remain untreated because they don't have "sufficient symptoms to be diagnosed with an anxiety disorder or a depressive illness," researcher Tom Russ of the University of Edinburgh tells Health.com. Mild stressors -- including concerns about work, finances, or relationships -- are so common that they're virtually impossible to avoid, says University of Bristol (U.K.) psychiatrist Glyn Lewis, but coping strategies such as exercise, meditation, or talk therapy "might reduce their biological impact." *(The Week magazine, August 24-31, 2012)***

**If everything’s as it ought to be, there’s nothing to worry about – but that’s a big if. *(Ashleigh Brilliant, in Pot-Shots)***

**The worst thing about insomnia is you lie awake all night worrying about it! *(Tom Wilson, in Ziggy comic strip)***

**Worry is advance interest you pay on tomorrow’s problems, and you may go bankrupt worrying about the things that never come. *(E. Stanley Jones)***

**People worry about kids playing with guns or watching violent videos. Nobody worries about kids listening to thousands, literally thousands, of songs about heartbreak, rejection, pain, misery, and loss. *(Nick Hornby)***

**People in the 24-to-35 age bracket are said to worry least for two reasons: They think they’re over the worst of it and they know they still have plenty of time. So says a scholar who researched this and related matters. *(L. M. Boyd)***

**To live by worry is to live against reality. (*E. Stanley Jones)***

**Worry lives a long way from rational thought. *(Mary Roach, in Self)***

**A thought to remember: To test your memory, try to remember what you worried about last week. *(Reminisce magazine)***

**If you worry about missing the boat – remember the Titanic. *(Sidney Bolon)***

**Worry is a misuse of imagination. *(Dan Zadra, author)***

**Worry is today’s mouse eating tomorrow’s cheese. *(Larry Eisenberg, in Bulletin Boarders)***

**Throw off your worries when you throw off your clothes. *(Napoleon)***

**A neurotic is a person who worries about things that didn’t happen in the past instead of worrying about things that won’t happen in the future, as normal people do. *(Phil Barnhart, in Seasonings for Sermons)***

**I've never met a healthy person who worried much about his health, or a good person who worried much about his soul. *(John Haldane)***

**Two things worry most people these days: one, that things may never get back to normal, and the other, that they already have. *(Bits & Pieces)***

**People who act as if nothing matters are usually considered insane (although they may actually be right). (Ashleigh Brilliant, in Pot-Shots)**

**Worry is an old man with bended head, carrying a load of feathers which he thinks is lead. *(Chinese proverb)***

**Pray, hope, and don't worry. For if we pray, why worry, and if we worry, why pray? *(St. Pio of Pietrelcina)***

**Most worries are reruns. *(Claude McDonald)***

**Worry is like riding a roller coaster. It scares the heck out of you, and you always end up right where you started! *(Tom Wilson, in Ziggy comic strip)***

**You wouldn’t worry so much about what others think of you if you realized how seldom they do. *(Eleanor Roosevelt)***

**Be like the sun and the meadow, which are not in the least concerned about the coming winter. *(George Bernard Shaw)***

**A prune has been defined as a worried plum. *(Bishop Fulton J. Sheen)***

**Worries spend a lot of time shoveling smoke. *(Claude McDonald, in The Christian Word)***

**Worry often gives a small thing a big shadow. *(Swedish proverb)***

**Many people have spent their whole lives worrying about the same things I’m spending mine worrying about. *(Ashleigh Brilliant, in Pot-Shots)***

**Stop worrying about what may never happen – what’s bound to happen is bad enough. *(Ashleigh Brilliant, in Pot-Shots)***

**Grandpa says to Opal: “You worry too much, you know. Most of the stuff you worry about never happens. And most of the stuff that happens, you never worried about.” *(Brian Crane, in Pickles comic strip)***

**Worry, worry, worry. So much to worry about, isn’t there? Is there? A recent survey on “Things People Worry About” studied the subject and discovered the following statistics on what worries us:**

**Things that never happen – 40%**

**Things we can’t change – 30%**

**Needless health worries – 12%**

**Petty and miscellaneous worry – 10%**

**Real Problems – 8%. *(Trust Hall Insurance Services, 1992)***

**The upside of worrying: Worrywarts are often chided for always thinking the worst, but new research suggests a healthy dose of apprehension could actually be a good thing. Scientists at the University of California, Riverside analyzed several dozen previously published studies on the issue. "They found that people who worried too much risked becoming depressed or paralyzed with fear, while those who worried too little tended to suffer because they failed to take basic health precautions, such as applying sunscreen or wearing a seatbelt. But the studies suggested that a moderate amount of worry could motivate people to plan ahead, find solutions to problems, and prepare for challenges. One example: People who worry a little but not too much are more likely to go for cancer screenings than those with low or high levels of apprehension. "It seems that both too much and too little worry can interfere with motivation," lead author Kate Sweeny tells LiveScience.com. "But the right amount of worry can motivate without paralyzing." *(The Week magazine, May 19, 2017)***

**Don’t worry about what’s ahead.  Just go as far as you can go -- from there you can see farther.  *(Bits & Pieces)***

**Typically, the working mother of a latchkey child gets almost nothing done on the job around 3:30 p.m. That’s when she’s stalled, waiting to make sure by phone that the youngster is safely home. So contends a social scientist. (*L. M. Boyd)***

**No matter how busy we are, we should not forget now and then to free our minds completely from worries and all duties. They should simply be dismissed from the mind. We were not made for them; they were made by us. *(Paramahansa Yogananda)***

**One study shows young mothers worry less than any other category of person. Why? They don’t have time. How much you worry depends mostly on how much time you have to devote to that hobby. Or so say the experts. *(L. M. Boyd)***

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