FAITH COMMENT
22 OCTOBER 2026



WORRYING OR WAITING?

Have you ever been worried about something? Perhaps more specifically, what are you worried about at the moment?

Many people are worried by all sorts of things.

- It might be health related - you, a friend or a family member.
- It might be financial or related to job security.
- It might be that you have decisions to make about your future – a career path or change of direction.
- It might be a relationship that's going through a difficult time.
- It might be about any or all of a number of community, national or global situations.

The Bible gives us a formula for dealing with worry:
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving present your requests to God.(Philippians 4:6)

In other words: don't worry about it direct your worries to the one who has the whole world in his hands. Whatever it is you're worried about – just ask. "Please God; this is what I need …"

And remember to give thanks. What's good about today? About life at the moment for you? - family, friends, finance, food, fulfilment? (and that's just some things beginning with F!) About anything that has happened in the world around? Give thanks for that.

The bit that follows is then the hardest – wait!

God is good – all the time. God is faithful and he will do it - in his own way and at his own time. And his way is usually unexpected, and his time is usually what we call late until it happens and then it's just right. God doesn't promise a smooth ride, but he does give a safe landing.

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