

WHAT CAN WORRY ACCOMPLISH?

Prayer changes things, but worry accomplishes nothing positive. Worry might ruin your health, but it is never constructive. Jesus said:

Matthew 6:27 (NKJV)

27 Which of you by worrying can add one cubit to his stature?

The language here is a little bit ambiguous because of the word “cubit” (Gk. pechus) and the word “stature” (Gk. helikia). However, “stature” can also be used in reference to life span as seen in John 9:21.

A cubit is 18 inches in length. It seems a little absurd to even think about, let alone worry about adding 18 inches to your height, unless, of course, you are 12 years old. Most commentators think the flow of thought related to quality of life here relates better to lifespan.

“Most likely the linear measure is being used in a metaphorical sense (cf. “add one cubit to his span of life” [RSV], akin to “passing a milestone” at one’s birthday.” – **D.A. Carson**

Worry never changes anything for the better. It can’t improve your circumstances or add time to your life, but it might make it shorter.

“Worry affects the circulation, the heart, the glands and the whole nervous system. I have never met a man or known a man to die of overwork, but I have known a lot who died of worry.” – **Dr. Charles Mayo** (of the famous Mayo Clinic)

Someone has said, “Worry is like a rocking chair, it gives you something to do, but gets you nowhere.”

Job 14:5 (NKJV)

5 Since his days are determined, The number of his months is with You; You have appointed his limits, so that he cannot pass.

Psalms 139:16 (NKJV)

16 Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When as yet there were none of them.

God is in charge of our days! Worry will not add to what God has ordained. As David said, “My times are in Your hand.” (Ps. 31:15).

Worry won't change the quality of our life, and it certainly can't add to the quantity. Rest in God! He is in charge of the days of our lives.