

September 27

God's Plan to Avoid Burnout

"We think that if we worry enough, we can keep bad things from happening...now, the human brain is powerful, but it ain't that powerful" - Nadia

"Who, by worrying, can add a single hour to their life?" - Jesus

[Read Luke 12:22-32](#) or [Matthew 6:24-34](#)

Can you think of a time when you really worried about something and then it turned out OK? (Try to capture a snapshot or video of it in your head.)

If you could re-live that worrying time, what would you do differently? Why? What might have been different? How?

What did you miss along the way because you were too busy being worried?

On your own, privately, write down three things you worry about.

Take those three things you're worried about, and for each one, write three good things in the same category. They can be big or small, what's important is that it's something that YOU are worried about, and that the 'good things' are things that YOU think are good.

For example:

I'm worried about my family getting sick

My family and I laughed a lot at dinner last night

My sister enjoys playing with me even though we're different ages

My dog is always happy to see me

Some say "worry is a prayer for what you DON'T want to happen." Has that ever been true for you?

How hard is it for you to stay in the present moment? How much do you think about the past or future? Why?

Does it enhance your life? Does it detract? How?

Would you like to change that? How could you?

Now, note 10 things REAL about this present moment. They don't have to be good or bad, just things. Note what you see, hear, or even smell, or taste!

"Don't worry about tomorrow; today's worries are enough for today."

Jesus knows that we can't be expected NEVER to worry. After all, sometimes realizing that we're worried about something is what leads us to come up with a plan to make it better, or what inspires us to try something new. What Jesus DOES do is encourage us to not let our *worrying* get in the way of our *living*.