

Mid-Week Devotion

Do You Have A Worry Doll?



Read Psalm 37:1-9 Do not fret...it only leads to evil

We make many decisions every day of our lives, some really good ones, and some really bad. It has been my experience that the really bad ones we make are made when we are frightened. Fear never serves as a good environment to foster good decision-making. I suspect that you also have shared at one time or another in this experience. However, I expect you never thought it would lead to evil as the Psalmist declares.

Have you ever thought about the “worst-case scenario” when you were trying to make a decision? Sure, I suspect we have all done this from time to time; in fact, most of the time we do it with great skill. However, once we do, it seems that it is all we can think about; the decision we have to make consumes our every thought. We keep playing over and over in our minds our imagined worst-case disaster until soon we are thinking of nothing else. As a result, we fret constantly; often we even pray, saying, “God, please don’t let this happen.” Now don’t misunderstand, this is surely a good prayer, the problem however arises when after you have placed it in God’s hands you don’t leave it there. Surrendering our worries to God should not be a temporary thing.

In Guatemala there is such a thing as a “Worry Doll.” A person who cannot sleep due to worrying can express their worries to a doll and place it under their pillow before going to sleep. According to folklore, the doll is thought to worry in the person's place, thereby permitting the person to sleep peacefully. The person will wake up without their worries, *which have been taken away* by the doll during the night. Now while I am not suggesting that you go out and get yourself a worry doll, I do however, want to point out that once a person gives their worries to the doll, they do not awake in the morning only to take them back. The worry doll has taken them away for good!

As Christians, we don’t need “Worry Dolls,” for we have God. After all God has really good hands, with them He created all there is; sun, moon, stars, earth, even you and me! Through His Son’s hands, our Savior, He healed the sick, caused the lame to walk, the blind to see, and even raised people from the dead! So why, once you have placed your worry in God’s hands would you want it back? Do you really think you can do a better job? I mean whom are you kidding, do you really want to wrestle back that worry from His hands? What is it about that incessant need to control your future to the point that you would take it out of God’s hands only to turn it over to the thing that makes you afraid? This is exactly what we do when we worry or fret. Furthermore, it is a conscious choice, albeit a foolish one, to live as if God is not God; that is believing He is almost capable, but still needs a little help.

Having faith in Jesus Christ does not mean that during frightening times you will always prevail. Rather it means you are simply not afraid to fail. The Apostle Paul told us that nothing; absolutely nothing, can separate us from the Love of Christ Jesus. Do you believe this? If so, then once you surrender your worry to the Lord, leave it there. In this way, life will become less a thing to worry about and try to control, and more a mystery to be enjoyed in the loving hands of the Savior.

Blessings, Pastor Ed