

## Don't Panic...Maintain

**“Don't Panic...Maintain”** was one of my dad's favorite quotes. I remember when I would worry over any situation and fear began to set in; those 3 words always came up!

Fear is one of the most giant stumbling blocks most adults face. We are afraid of what could happen, what did happen, or what others may think. We fear for safety, and we fear because of the unknown. Adult stomachs, eaten by years of worrying, can develop ulcers.

We fear. We fret. What good will worry do? It won't make you taller or thinner. It never solves situations; it just adds to the problem.

Over 50 times in the Bible, we are admonished to not be afraid. Instead of worrying about what could happen, remember how God has helped you in the past and how God will again.

Nehemiah had a seemingly impossible task before him of rebuilding a city. To make matters worse, the government and others tried to stop him from his task; but still He remembered God was on his side. **“After I looked things over, I stood up and said to the nobles, the officials, and the rest of the people, "Don't be afraid of them. Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters, your wives and your homes." - Nehemiah 4:14 (NRSV)**

Life has many questionable twists and turns. They can be daunting and frightening at times. However, there is no need for a Christian to be alarmed or troubled.

**“No Christian ever falls beneath today's load. We only fall when we borrow tomorrow's trials, without the benefit of tomorrow's grace.”**

Blessings,

+Pastor Ben