

“Calm Down!”

by Wayne Goff

Americans are inundated with news, information, trivia, valuable knowledge, and fake news every day. Psychologists are now realizing the damage being caused by **too much information**. All the problems across the globe fall into our laps and we feel *obligated* to solve the world's problems. *Incapable* of doing that, we resort to emotional stress and depression. Depression leads to despair, and despair causes some to commit suicide, or to scream out to others that we have to save the world. These problems are real but they are self-induced.

The catch-phrase being promoted now is “**mindfulness**.” This means to “focus your awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.” It is real, and it is important for each of us to get back in touch with ourselves and to learn to “get a grip” on reality or to “calm down.” So if you are anxious, stressed, worried, depressed, saddened, or hurting emotionally, try this technique. It truly works.

Jesus taught this to His disciples two thousand years ago when He told us “... *do not **worry** about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?*” (Matt. 6:25). The two reasons He gave for not worrying are (1) worry does not accomplish anything, Matt. 6:27; and (2) God will take care of you, Matt. 6:26, 28-30. **Do you see how this advice helps you to relax, calm down, and cast your anxieties on the Lord (1 Peter 5:7)?** It's not all up to you and me to save the planet, the world, or anything of the sort! Teenagers who are fretting over saving the world need to learn first to make their beds and clean their rooms! Adults and parents need to do the same. Failure to do this, as Christians, means we have “*little faith*” (Matt. 6:30). We can do better. God will take care of the planet, the country, the family, and you — if you will let Him. “*For your heavenly Father knows you need all these things*” (Matt. 6:32). Do what you **can** do: “*Seek **first** the kingdom of God and His righteousness*” (Matt. 6:33) and “*do **not** worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble*” (Matt. 6:34).

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