



FROM THE COLLEGE CHAPLAIN

Lockdown has been extended.

This news has left many worried about the future - I can understand why. But is worrying the best response when life seems out of control?

Jesus has some great teaching about worry and says it plainly.

27 'Can any one of you by worrying add a single hour to your life?'

He is so right. Worrying achieves nothing and undermines everything. The worries of tomorrow spoil today. What solution does Jesus offer?

He says replace your [worry](#) with faith.

31 'Don't worry and ask yourselves, "Will we have anything to eat? Will we have anything to drink? Will we have any clothes to wear?" 32 Only people who don't know God are always worrying about such things. Your Father in heaven knows that you need all of these.'

Why not find a quiet spot, get on your knees and download to the one who loves you? When out of control, why not give your worries to the one who is in control?

Jesus also says replace your worry with a different focus. Don't worry about what you don't have and can't do for yourself. Rather focus on what you do have and can do for God.

33' But more than anything else, put God's work first and do what he wants. Then the other things

will be yours as well.'

Finally, Jesus says don't worry rather do one day at a time.

34 'Don't worry about tomorrow. It will take care of itself. You have enough to worry about today.'

COVID and lockdown will pass. Let us model faith and not worry to our children.

Reverend Denis Oliver
College Chaplain
