

## From the Manse: A Thought for the Week

Sunday 16<sup>th</sup> February 2025



Dear Friends,

Earlier this week, I came across these words: “You can worry about it or pray about it—one does nothing, the other does everything.” This simple statement stopped me in my tracks, reminding me of a truth we so easily forget.

How often do we find ourselves weighed down by worry—about our health, our families, our future? Worry has a way of creeping in quietly, growing until it feels overwhelming. Yet Jesus calls us to something different: to bring our concerns to God in prayer.

Jesus said in Matthew 6:25-27:

"Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

And in Philippians 4:6-7, we are encouraged:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Worry drains us, but prayer sustains us. Worry keeps us stuck, but prayer moves us forward in faith.

Imagine standing at a crossroads: one path is marked “Worry,” the other “Prayer.” The first is familiar but exhausting. The second invites us into trust and surrender. Prayer is not about escaping life’s struggles, but about bringing them before God, knowing that He walks with us through them. No matter how high the hills or how low the valleys, He is our guide, our comforter, and our friend.

So, what is weighing on your heart today? What burdens are you carrying? I invite you to take a quiet moment. Picture yourself holding those worries in your hands. Now, slowly turn your hands over, letting them go—surrendering them to God. Breathe deeply and receive His peace.

With every blessing,

Rev Jade 😊