

FamilyLife Blended® Radio Transcript

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Avoiding Worry (Proverbs 12)

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Ron: Have you ever noticed that worry can spoil an otherwise happy day?

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: The Bible has a lot to say about worry: "An anxious heart weighs a man down," Proverbs 12. "Can you add a single hour to your life by worrying?" Matthew 6. And, "Don't be anxious about anything," Philippians 4.

And, yet, if you're like me, you worry frequently. About the economy. Are my kids driving safely? Aging parents, politics, terrorist attacks, what to fix for dinner? It goes on and on. Why do we do this? Because we forget that God cares. "You are so much more valuable than birds or flowers and yet God provides for them," Jesus said. Seek first the kingdom and trust him with everything else. For FamilyLife Blended, I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

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