

Warm Worms
By Rick Ezell

“ . . . casting all your care upon Him, because He cares about you” (1 Peter 5:7 HCSB).

A recent survey of men asking, what worries you the most, revealed their biggest concerns:

1. Personal Finances
2. Weight
3. Personal Appearance
4. General Health and Fitness
5. Relationships
6. Job Security
7. Sexual Problems
8. Career Prospects—Promotion, etc.
9. State of the Economy in General
10. Getting Older

(<http://www.rodcollins.com/wordpress/mens-biggest-worries-what-bother-men-the-most-top-10>)

Worries are real. What do we do with them?

Did you hear about the young boy ice fishing, catching one fish after another? An old man asked him his secret. The kid bends down and spits something out of his mouth. Wiping off his lips, looking up at the man, he says, “I keep my worms warm.”

In like manner, some people feel like they have got to keep their worries warm. Their anxieties occupy their mind like the worms occupied the boy’s mouth. Constantly they fret, are apprehensive, are fearful, are troubled, lose sleep, lose weight, and lose hope. There is a better way.

The word *care* or *anxiety* means “to strangle.” Worry chokes the very life out of us. There may be greater sins than anxiety, but few are more disabling and destructive. The word *cast* means to throw off, like when we cast off a coat, or cast a fishing line. It represents a decisive action that is neither passive nor partial. We might translate the term, “Heave it over” or “spit it out” or “throw it away.”

Peter utters a directive, a command, “casting all your care upon Him.” Give your anxieties to God; let him carry the weight of worry. That is one of his jobs. God is willing to carry your anxieties. One of the greatest things about the God is that he work for us before commanding us to work for him.

Worriers don’t make much of an impact on this world because they are so busy fighting imaginary dragons they don’t have time to fight the real ones.

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