

What or who is your greatest enemy?

I've had big enemies and small ones, enemies that have blocked my way and threatened me with violence. Some have wanted my job. Seeing me jobless would have made others happy. Numerous foes were/are friendly to me.

My greatest enemy, though, doesn't wear any type of clothes No, he/she is not a nudist. My greatest enemy resides inside me. I refer to something that too often fixates me. Attempting to dominates my thoughts, this enemy occupies important brain space.

Folks give this foe many names. This adversary likes to direct our minds tomorrow, next week, or next year. When a doctor informed me after my bypass surgery that my leg veins, which the surgeon used to replace those four clogged heart arteries were good for only ten years, this ever-present enemy nearly crushed me.

An English professor friend used to say that if college students could foresee all the papers they would write and all the exams they would have to take, they probably wouldn't enroll in school.

Have you heard about the philosophical clock? It had just been placed on the shelf when the timepiece began to think about its future. "Think of it. I have to tick twice each second, 120 times each minute, 7200 times each hour, and 172, 800 times every day. That adds up to 630 million times a year." That clock became so distraught by foreseeing all that work that it collapsed.

Jesus said simply and wisely: **"Do not worry about tomorrow . . . Each day has enough trouble of its own."** (Matthew 6:34). Worry kills us. I'd probably worry less also if I treated my enemies as Jesus taught us in the Gospels.