

Our Greatest Enemy

BIBLE THOUGHT: “Do not worry about tomorrow” (Matthew 6:34 NRSV).

Over the years, I’ve encountered enemies, big and small. A few opponents tried to block my way and threatened me with violence. Others wanted my job. Some would have been happy to see me out of a job. Numerous foes pretended friendship. Others secretly plotted against me.

My greatest enemy, though, doesn’t wear overalls or dresses. No, he’s not a nudist. My greatest enemy resides inside me. At times, he stubbornly preoccupies my brain and doesn’t want to leave. He goes beyond taking up space in my head. At times, he dominates my thoughts. This enemy uses many aliases. He frequents my tomorrows and distant future.

You have probably guessed that I refer to worry, our ever-present enemy. Apprehension nearly crushed me when a young doctor told me after my heart surgery that those four tiny bypasses would be good for only ten years. Depression reigned for a while and made me really negative. Thirty years have passed since that physician “gave me” ten years. I keep praying that I shall worry less. I keep praying also that will I more compassionately treat my outside enemies.

My prayer:

Dear Lord, help me not to waste today worrying. Please help me to trust your goodness and to remember all the great things you have already given me. In Christ’s name. Amen.



Bob Blair
PO Box 304
Marcus, IA 51035
www.robertblairbooks.com
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