



Chaplaincy Chat



The Worry Table

A military chaplain once drew up a “Worry Table” based upon the problems men and women had brought to him through his years of service. He found their worries fit into the following categories

- Worries about things that never happened — 40%
- Worries about past, unchangeable decisions — 30%
- Worries about illness that never happened — 12%
- Worries about adult children and friends (who were able to take care of themselves) — 10%
- Worries about real problems — 8%

According to his chart, 92% of all our worries are about things we can't control, things which are better left to God. The truth is, anxiety is rooted in a failure to trust God.

We simply don't believe He is big enough or cares enough to help with our problem or give us the desires of our hearts, and keep us — and our loved ones — from harm.

Once we know God's character, we can easily see how we worry for nothing most of the time. God is more than big enough, and cares more than enough to help us, bless us, and protect us. Give your worries to Him, and He will replace them with His peace.

“We Care”

UAW Local 551 Chaplaincy Committee