



We're talking about...DEALING WITH WORRY

By Clare Parkinson

We all worry about stuff, don't we? Homework, parents, clothes, boys, friends- sometimes, it can all just be a bit much! Most of us have experienced a few sleepless nights because there's just so much going on in our lives and we don't really know how to sort everything out... Worrying is normal- right?

The thing is, God doesn't want us to spend our lives worrying... St Paul tells us in his letter to the Philippians- "*Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.*" (Philippians 4:6-7) Great!! Not so easy is it, though? So if God tells us not to worry, how do we actually do that? Well, here's my top tips for avoiding worry and letting God deal with our problems:

Prayer

St Paul got it right- we *have* to spend time in prayer to ask God to help us with our problems! There's no right or wrong way to do this though- you might want to keep a notebook where you write your worries down as part of your prayer- then you could leave a space to write down any answers to prayer that you see. You could write prayers on post-it notes or pebbles, and put them by a cross in your room. Or you could just spend time sitting and talking to God in the same way you do with your friends. Do whatever works for you - the important thing is that you actually pray!

Sharing

One of the best things about being a Catholic is that we don't have to do things alone- that's part of what it means to be a Church. If you have a friend or two who are also Catholic or Christian, maybe you could spend some time together sharing with each other what your worries are. Your friends might be able to give you a different perspective on what's worrying you, and they could pray for you too.

Relaxing

Can you think of something you just love doing? Something you always enjoy? When you're stressed or worried, doing something that has nothing to do with our worries can help you relax and feel better about life.

So, take time to talk to God and to others, and just to relax. Let go of your worries and let God deal with them. And don't forget to keep your eyes open to see those answers to prayer!

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