



We're talking about... DON'T PANIC!!

By Lizzie Toberty

Worry is something that each of us experience differently but I think it affects everyone from time to time. Unfortunately, I am someone who tends to worry a lot, and I was particularly anxious as a teenager. I would worry about most things, from schoolwork to boys, to whether God was really there. One thing I see now is that worry made me miserable and stopped me really enjoying life. As I learnt about God, I realised more and more that He wants us to live life to the full (have a look at the Gospel of John, chapter 10: verse 10), and to really get the most out of each experience.

A passage in the Bible which really helped me was Matthew 6:25-34. Jesus says here that there is no need to worry, as God is taking care of each of us, and to concentrate on living life in the best way possible. "Easier said than done", I thought at first. However, I started to tell God my worries in prayer and tried my best to trust Him. Over the last few years, slowly but surely, I have found myself gradually more able to enjoy the here and now.

That doesn't mean I never panic about things. But now, if I find I am worrying, I try not to get cross with myself. I say a prayer asking God to help me and give me peace. Sometimes, I can still feel worried even when I have done this, but I know God is helping me to become calmer. I now see worrying as a bad habit which is going to take time to overcome, but in the end it will be well worth the effort!

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