

Monday, December 8, 2014

*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7***

My grandmother used to say, “I must be a very good worrier, because so many of the things I worry about never happen.” As a chip off of that block, I’m also a “good worrier,” so my imagination can conjure up many negative scenarios to worry about.

When I was scheduled for my knee replacement surgery, I worried about every aspect of the situation, from what if I can’t stand the pain to what if I die on the operating table. I was terrified of all the things that could go wrong, but had put the surgery off as long as I could. I talked to everyone I knew who had had a knee replacement, especially about the amount of pain involved. While my worrying pushed me to do all the things I could to prepare for the operation, including physical therapy to strengthen the leg muscles, I was driving myself crazy worrying about the things I couldn’t control.

My husband gave me this Bible verse from Paul’s letter to the church at Philippi and wrote it on a note, which we posted where I could see it every day. I was able to channel my worries and fears into prayers that focused on being thankful that knee replacement surgery is such a medical miracle. With prayer, I put my worries into God’s hands and got through the surgery and rehab successfully. What a blessing!

I still keep this Bible verse where I can see it every day. It reminds me to place my worries in God’s hands and be thankful for all my blessings. God held my hand throughout that experience, and still does every day.

*Dear Lord, Thank You for Your Word and for Your hand in my life. As we anticipate the birth of our Savior, may we place our trust in You and be thankful for Your hand in our lives. Amen.*

**Harriet Havanich**