

Thought for the day by – Friday 25th June 2021

By Rev. John Ohen.

Worrying and being Judgmental are not good for us

We are often being accused of being judgemental and being too quick to express moral judgment and indignation on others. We Christians are not exempt from this accusation. This is a shame because being judgemental will not help matters because our Lord taught us not to judge others but to learn from our Lord. By judging others, we open ourselves to different kinds of criticism. We Christians should be the last to criticize if we were to follow our Lord's teaching. Good Christians should be quick to judge ourselves and slow in judging others. Our Lord's teaching is that we should not judge, or we too will be judged. However, if we begin to put this into practice, we can begin to change the world, because change begins not with groups or organisations but with individuals.

We should not worry too much because anxiety in a man's heart weighs him down as in (Prov. 12.25). We were told let not your heart be troubled, believe in God, believe also in me (John14: 1). Philipians 4.6, put's it clearly "have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God. Too much worrying and anxiety is not good for us. In order not to succumb to worry, we need to make use of God-given gift of reason. Like worrying and fretting on all manner of things; like what we will eat, or drink, or what we will wear. Jesus directs us to look at the blessings God has bestowed on all living things, like the birds of the air, or the lilies of the field, they neither sow nor reap, yet our Heavenly Father feeds them all. Our God will look after all His creation including us made in His image.

Bible passage: Matthew. 6. 24 -34, & 7. 1-5.

Prayer: Lord help us not to be anxious about tomorrow, but to take each day at a time, trusting on your heavenly power.

AMEN.