

Chaplain's Spot Stomping out worries

Both Winston Churchill and Mark Twain are said to have quipped, 'I am an old man and have known a great many troubles but most of them never happened!' Don't worry about tomorrow.'



Yesterday and tomorrow both clamour for our attention. Yesterday wants us to second-guess our decisions and worry if we did the right thing. That's wasted energy. As President Harry Truman said, 'If you've done the best you can—if you've done what you have to do—there's no use worrying about it because nothing can change it.' And tomorrow can also cause you to miss opportunities. Let's face it, most people arrive at a different destination in life than what they expected—some better, some worse, but all different. So focussing on the destination isn't necessarily a good idea.

A quote from the Bible says, *'Don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.'* The only place you really have any power over is in the present. Do what you can in the here and now despite your fear, and you'll have the satisfaction of knowing you're doing everything within your power to reach your potential. If you project too far into the future, you'll suffer from the 'what ifs?' and your fears will run wild. Live your life one day at a time.

Four book suggestions:

'Stomping out the ANTs [Automatic Negative thoughts]'

'Huge bag of worries'. 'Invisible String'. 100th day worries'

Quote of the week: "Worry often gives a small thing a big shadow."
– Swedish Proverb

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Pastoral care for our community, Tuesdays, Thursdays & Fridays.

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