

# Positively Speaking

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## Stop Worrying and Start Living!

Worry is not a new problem for the human race. It's been around from the very beginning.

In the early 1600's, Francis of de Sales made the following observations about the nature of worry. I found it to be a source of refreshing encouragement – just as good for today as 400 years ago.

*Stop worrying.*

*Whatever it is that you must do to follow the path that God has shown you,*

*Do the best of your ability.*

*And when you have done it, move on to the next thing.*

*Don't keep re-running it in your mind, trying to decide*

*whether your efforts were too little or too much.*

*whether it was a great deed or a small one.*

*whether you might have done better.*

*If it wasn't sinful and you were trying to do the will of God,*

*It is enough.*

*Don't worry. Move on.*

*Simply. Calmly. Peacefully.*

*Follow the path the Lord shows you, free from anxiety.*

*Otherwise, your anxiety will undermine your efforts to grow.*

*If you do fail, don't let anxiety overcome you.*

*But admit your failure quietly, humbly, and in God's presence.*

*Then, get on with following the path that God will continue to show you.*

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