**DON’T WORRY, BE HAPPY!**

By Pastor Greg Hooker

*“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”* (Philippians 4:6, 7).

In 1988, Bobby McFerrin wrote and sang a song entitled, “Don’t Worry, Be Happy”. Most of you have heard this lively song (it’s one of those songs that gets stuck in your head and never ends!). This popular tune reminds me of the verse printed above from the book of Philippians.

God tells us to be “careful”, or “anxious” for nothing; but rather, we should take our cares and concerns before the Lord in prayer and supplication. It has been my experience, however (and it’s true in my own life), that we wait for difficult circumstances to come our way and then cry out to the Lord in desperation. Most of the time, our prayers begin something like this: ‘Why me, Lord?!’

Quite often talking to God becomes our ‘last resort’ when it should be our first and foremost resolve. Prayer should be as natural for the Christian as breathing. But as a result of our negligence; worry, stress and unrest creep into our lives and root out ‘peace that passes all understanding’. Why do you think we are we like that? I suppose it’s largely due to the fact that we are simply human, and as such, we allow our carnal nature to supersede the spiritual. We simply go about our daily routine, caught up in the humdrum of worldly cares.

Dear Lord, forgive us for neglecting the one thing that can cause an enormous impact on our lives, families, friends and nation. Help us to infuse prayer into our very being, and may we experience a peace that words cannot describe.

In Jesus name, your son, Pastor Greg.