



**Editorial - James M. Watkins**

## Sufficient Unto the Day

*"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself, Sufficient unto the day is the evil thereof" (Matt. 6:34).*

There are two destroyer "twins" who, with their off-spring, destroy more lives, create more unhappiness, promote more discord, and take away more peace of mind than any other two factors. These twins are Fear and Worry. It is hard to determine the far reaching effect these twins have. They destroy many opportunities for enjoying life; they cause the majority of mental and physical diseases. They cause nearly every despondent act which individuals take.

These "twins" can disrupt us in many ways. They can divide our mind. By dividing attention and allegiance, they make peace of mind impossible. They take a tiny problem and magnify it until it wipes out all reality. Thus the things which could be a source of pleasure are worthless. They scatter our thoughts and mental power until they are entirely ineffective in meeting the problems we face. The problems of life become insurmountable only when our minds become unable to meet them.

We call fear and worry "twins" because their activities are closely related. Worry is a chronic form of fear, found in people with the power of associative memory. It is not our real experiences that we worry over; but the things we imagine happening to us. We worry, not only over what happens to us, but over what could happen to us because it has happened to someone else.

Perhaps you have met individuals who have gone through life with a constant fear that their house will burn to the ground. This is the way the twins—worry and fear—play tricks on us. They center our attention strongly on a remote possibility. Then we ignore the thousands of people who live without having such an adverse experience. They make us worry over fixing the furnace; they make us afraid to leave the house for fear something will happen while we are gone.

Many small problems which overpower individuals have little or no basis in fact. Sadler tells us worry is "a spasm of attention." When fear monopolizes our attention, it does so because our interests are too few or we fail to take an objective view of our problems. When our interests are too few our thoughts center naturally upon self. When we have many interests we are too busy tending to those interests to become absorbed in self. When we can take an objective view of our problems it keeps our reasoning in pace with the facts.

There is one redeeming feature about worry-fear complexes. They are founded upon the desire for greater satisfaction from life. If they are properly understood and recognized as such, they can become an incentive for happiness.

Logic tells us there are only three sources of worry in the world. First are the things that happened yesterday; second are the things happening today; and third are the things of tomorrow. Of all three sources of worry, the events of today are the only ones that can affect our welfare. The only real disturbing factors of life are the things we borrow from yesterday or tomorrow. These can never affect us until they become a part of today. Then we will meet them face to face. "Sufficient unto the day is the evil thereof." We worry because problems cannot be solved. We have either already acted upon those events, or the time has not yet come for us to decide on them. When that time comes, the solution will also appear.

We must remember yesterday only for the good it can bring. It can provide the foundation for more satisfying decisions today. It can provide memories that enrich and satisfy. It can counsel and guide us. Yesterday we lived our life; we made the decisions necessary for that day; and we stood by those decisions whether they brought pleasure or sorrow. Now, they are gone. We can remember them only for the pleasure they may provide.

Neither should we worry over tomorrow. It will be no problem if we have used yesterday and today to build a solid faith in life. Yesterday and today were made to serve tomorrow. All we need be anxious about is today. And today we will control and manage as we know best. We can have faith in tomorrow and not borrow its evils. Most of them will never be present when tomorrow becomes today.