

# The Family Time

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*Philippians 4:6 - Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.*

*Philippians 4:7- And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

**Families today are beset with cares. Many today are struggling to make ends meet. Oftimes underpaid and overworked, they struggle from paycheck to paycheck. But it is usually not work that creates the greatest problem.**

**Worry, Not Work, Kills.**--It is not work that kills; it is worry. The only way to avoid worry is to take every trouble to Christ. Let us not look on the dark side. Let us cultivate cheerfulness of spirit.--*Lt 208, 1903. {2MCP 466.1}*

**This counsel is important because, as we look at the counsel that God continues to give regarding our families, we could very well begin to despair that we may not be truly be able to comply. But listen to this:**

**If You Have Begun Wrong.**--To parents who have begun their training wrong, I would say, Do not despair. You need to be soundly converted to God. You need the true spirit of obedience to the Word of God. You must make decided reforms in your own customs and practices, conforming your life to the saving principles of the law of God. When you do this, you will have the righteousness of Christ which pervades that law, because you love God and recognize His law as a transcript of His character. True faith in the merits of Christ is not fancy. It is of the highest importance that you bring the attributes of Christ into your own life and character, and educate and train your children with persevering effort to be obedient to the commandments of God. A "Thus saith the Lord" should guide you in all your plans of education. . . . *{CG 69.2}*

**Good counsel would be this. Do not dwell upon the errors you have made, or the difficulties that you will encounter as you come into harmony with God's counsel.**

**Dwelling upon the Difficulties.**--Some are always fearing and borrowing trouble. Every day they are surrounded with the tokens of God's love; every day they are enjoying the bounties of His providence; but they overlook these present blessings. Their minds are continually dwelling upon something disagreeable which they fear may come; or some difficulty may really exist which, though small, blinds their eyes to the many things that demand gratitude. The difficulties they encounter, instead of driving them to God, the only source of their help, separate them from him because they awaken unrest and repining.—*Steps to Christ 121, 122 (1892). {Mind Character and Personality, Vol 2, page 466.2}*



**The surest way to make your burden heavier is to worry.**

**Worry Makes the Burden Heavy.**--I greatly fear that we are in danger, by worrying, of manufacturing yokes for our necks. Let us not worry; for thus we make the yoke severe and the burden heavy. Let us do all we can without worrying, trusting in Christ. Study His words, "All things, whatsoever ye shall ask in prayer, believing, ye shall receive" (Matthew 21:22). These words are the pledge that all that an omnipotent Savior can bestow will be given to those who trust in Him. As stewards of the grace of heaven, we are to ask in faith and then wait trustingly for the salvation of God. We are not to step in before Him, trying in our own strength to bring about that which we desire. In His name we are to ask, and then we are to act as if we believed in His efficiency.-- *Lt 123, 1904. {Mind Character and Personality, Vol 2, page 466.3}*

**In fact the practice of worrying does a lot more**

**Worrying Ourselves Out of the Arms of Jesus.**--If we educated our souls to have more faith, more love, greater patience, a more perfect trust in our heavenly Father, we would have more peace and happiness as we pass through the conflicts of this life. **The Lord is not pleased to have us fret and worry ourselves out of the arms of Jesus.** He is the only source of every grace, the fulfillment of every promise, the realization of every blessing. . . .Our pilgrimage would indeed be lonely were it not for Jesus. "I will not leave you comfortless" (John 14:18), He says to us. Let us cherish His words, believe His promises, repeat them by day and meditate upon them in the night season, and be happy.--*MS 75, 1893. (HC 120.) {Mind Character and Personality, Vol 2, page 468.1}*

**Worrying ourselves out of the hands of Jesus? What happens when we do that?**

**God's Responsibility and Mine.**—

- 1.** When we take into our hands the management of things with which we have to do and depend upon our own wisdom for success, we are taking a burden which God has not given us and are trying to bear it without His aid.
- 2.** We are taking upon ourselves the responsibility that belongs to God, and thus are really putting ourselves in His place.
- 3.** We may well have anxiety and anticipate danger and loss, for it is certain to befall us.
- 4.** But when we really believe that God loves us and means to do us good, we shall cease to worry about the future.
- 5.** We shall trust God as a child trusts a loving parent.
- 6.** Then our troubles and torments will disappear, for our will is swallowed up in the will of God.—*Thoughts from the Mount of Blessing 100, 101 (1896).*

**Let us begin today trusting in God.**