



For better thoughts. Worthwhile thoughts.

What is definitely not worthwhile is to worry. Worrisome thoughts consume precious minutes of our lives. For me, most times it's about our kids' future, other times about health issues I'm not even having symptoms of and, lately, often about retirement (but at this rate of worrying, I may not even get there).

We tend to also overload our brains with that which we have no control over. When instead, we should concern ourselves with that which we have the ability to change; to make the bad good and the good better.

Don't know about you, but this thought re-programming is not easy for me. Used to be when I was younger (not that I'm old, just older). So whenever I can, I grab hold of words that remind me and encourage me to shelve that worrying; that whatever is going to happen will happen:

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." -Matthew 6:34

I want this backwards-tattooed to my forehead so I can read it three minutes after I get out of bed. Alternatively, since the more we pray the less we panic or worry (and because the tattoo is not going to happen), I suppose I can pray and leave things in God's hands a lot more than I do.

For better thoughts, worthwhile thoughts, let's be thankful.

What are you thankful for today?

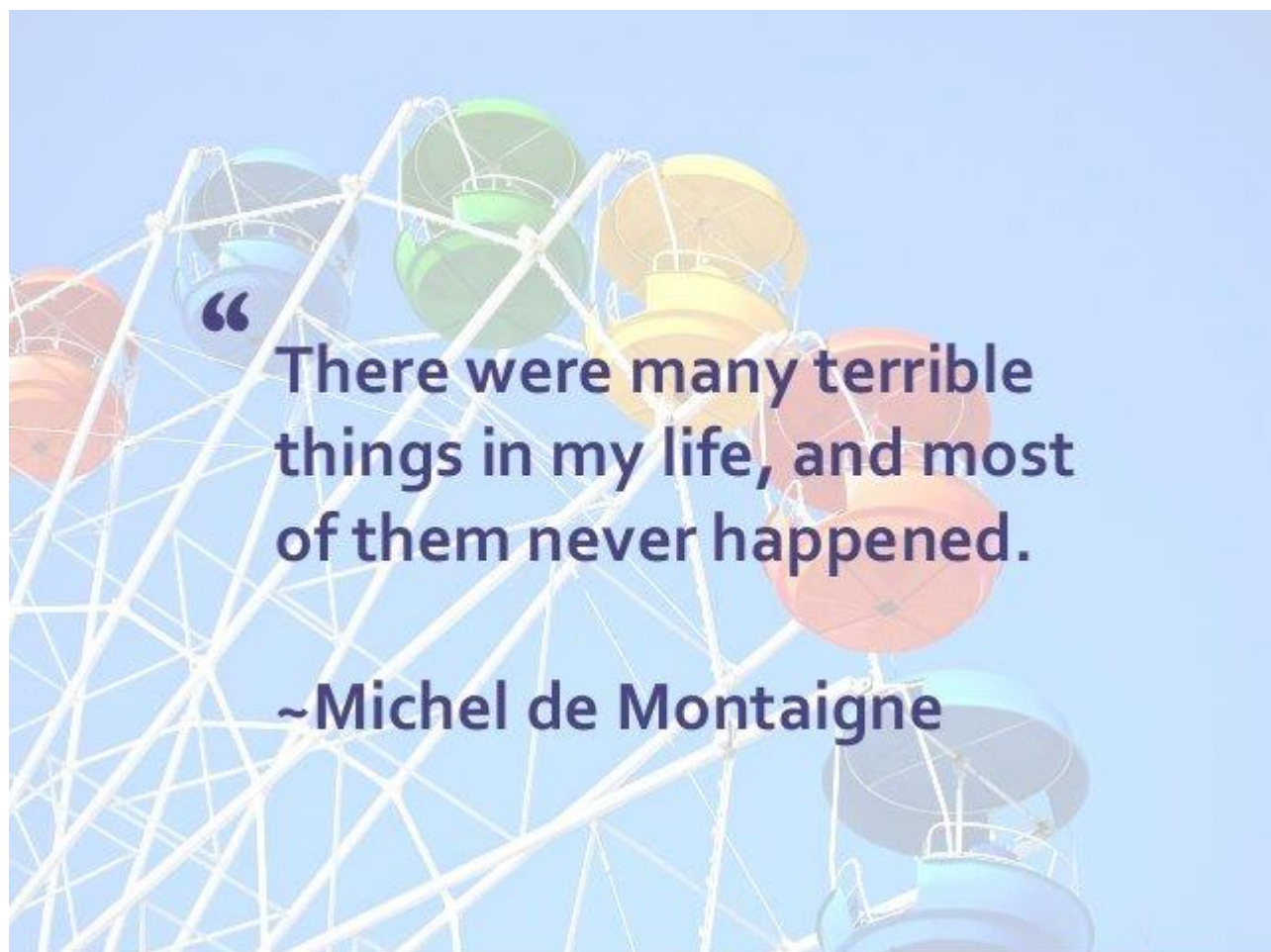
Until next Thursday's post...si Dios quiere.

“Worrying is carrying tomorrow’s load with today’s strength- carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn’t empty tomorrow of its sorrow, it empties today of its strength.”

*-Corrie Ten Boom*

“I am reminded of the advice of my neighbor. “Never worry about your heart till it stops beating. ”

*-E.B. White*



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