



# FRANKLIN ROAD

baptist church

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## RELAX AND BREATHE

ON FRIDAY, JUNE 20<sup>TH</sup>, MY PARENTS RENTED A ROOM AT THE MARRIOTT DOWNTOWN FOR THE NIGHT. I MET THEM WHEN THEY ARRIVED AROUND RUSH HOUR; WHICH COINCIDENTLY ENOUGH, IT WAS RUSH HOUR FOR THE HOTEL. WHEN WE HAD GATHERED UP THEIR BAGS AND STEPPED INTO THE ELEVATOR (WITH 3 OTHER PEOPLE), I NOTICED A YOUNG LADY WHO WAS HOLDING A DRESS AND LOOKED SICK FROM ANXIETY.

JUST BY HER EXPRESSION I THOUGHT SHE COULD USE SOME HELP. SO I SIMPLY ASKED, "GETTING MARRIED?"

SHE SMILED AND REPLIED, "YES. WHAT GAVE IT AWAY?"

I ANSWERED WITH A FEW REPLIES:

"YOUR LOOK OF NERVES FOR ONE, AND SECOND, YOU'RE ABOUT 22 YEARS OLD. THIRD, YOU'RE TANNER THAN EVERYONE ELSE IN THE HOTEL. FOUR, YOU LOOK LIKE EVERY OTHER BRIDE-TO-BE THE NIGHT BEFORE. AND FIVE, THE DRESS." WHICH MY DAD QUICKLY SAID, "YOU MAY NOT WANT TO HAVE SUCH A TIGHT GRIP ON THAT. REMEMBER, BREATHE AND RELAX."

SHE LAUGHED AT US AND FOR ABOUT FIVE SECONDS SHE LOOKED OK. TOO MANY TIMES I THINK WE FORGET TO BREATHE AND RELAX. TOO MANY TIMES WE TEND TO WORRY OR GET ANXIOUS ABOUT WHAT WE DON'T KNOW OR REALLY HAVE LITTLE TO NO CONTROL OVER.

IN MATTHEW 6:25-34, JESUS SAYS FOUR TIMES, DO NOT WORRY. DO NOT WORRY ABOUT YOUR LIFE. DO NOT WORRY ABOUT YOUR FOOD. DO NOT WORRY ABOUT YOUR DRINK. DO NOT WORRY ABOUT YOUR CLOTHING. DO NOT WORRY ABOUT TOMORROW.

WE SPEND ENTIRELY WAY TOO MUCH TIME IN WORRY. I WONDER WHAT OUR RESPONSE WOULD BE TO GOD, WHEN WE GET TO HEAVEN, IF HE WERE TO ASK, "WHY WERE YOU SO WORRIED"?

WE SHOULD SPEND MORE TIME IN UNDERSTANDING AND TAKING COMFORT IN GOD'S TRUTHS RATHER THAN THAT WHICH WE CAN NOT CONTROL. TRUTHS LIKE:

MATTHEW 11:28-29 - "COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST. TAKE MY YOKE UPON YOU AND LEARN FROM ME, FOR I AM GENTLE AND HUMBLE IN HEART, AND YOU WILL FIND REST FOR YOUR SOULS.

PHILIPPIANS 4:19 - AND THIS SAME GOD WHO TAKES CARE OF ME WILL SUPPLY ALL YOUR NEEDS FROM HIS GLORIOUS RICHES, WHICH HAVE BEEN GIVEN TO US IN CHRIST JESUS.

JOHN 14:27 - "I AM LEAVING YOU WITH A GIFT—PEACE OF MIND AND HEART. AND THE PEACE I GIVE IS A GIFT THE WORLD CANNOT GIVE. SO DON'T BE TROUBLED OR AFRAID.

WE SHOULD LIVE OUR VAPOR (JAMES 4) WITH A PURPOSEFUL INTENSION OF GLORIFYING OUR GOD THROUGH OUR FAITH IN HIM. SATAN LOVES WHEN WE WORRY ABOUT OUR JOBS, SCHOOLS, MONEY, FOOD, TITHING, ETC. .BECAUSE OUR EYES ARE OFF THE TRUE GIVER OF LIFE. LETS LIVE FOR TODAY AND LET GOD TAKE CARE OF TOMORROW.

PASTOR ANDY