



CARE CONVERSATIONS

FORWARD
FROM
DR TINA LAMONT // Director TEC



Dear Friend,

We are pleased to continue to bring you our Care Conversations. In the first series, Dr Stephen Fyson brought us some reflections on *Mere Christian Education*, based on CS Lewis' *Mere Christianity*. In this next set, Stephen brings us some encouragement from the Gospel according to Matthew – often called the *Teachers' Gospel*.

We hope that this service from The Excellence Centre continues to support you in this wonderful ministry of Christian Education. Please remember to contact us with any ideas about how we may be able to assist you more.

Dr Tina Lamont

Director TEC

The Excellence Centre

Series 2:

THE TEACHERS' GOSPEL...

REFLECTION BY
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Number 4:

WHY WORRY?



Worry can be such a pervasive habit. Here is an interesting saying about worry:

Worry is like sitting in a rocking chair.

It gives you something to do,

But it gets you nowhere.

You may have noticed that those birds flying outside your window do not worry. Nor do those kangaroos bouncing around the bush. Koalas seem chronically too sleepy to know what worry is. Why is it that we people are so good at it?

Well, we have the same instincts as animals in terms of *fight or flight* when we are threatened. But we are also embodied souls who have an awareness well above these instinctual inputs. We do understand that there is a tomorrow, and another tomorrow, all the way to eternity. It sits on our hearts, and once there, and we care about it, we have some choices to make.

One choice is that we worry, because despite our best efforts, we are not in control of our tomorrows. Jesus explained the alternative choice: *Therefore, I*

tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. (Matthew 6:25)

Jesus knew that our Father in heaven cares for us so much, that if we are desiring His will on earth as it is in heaven, then all of these things are covered through the love and grace of God – *For the pagans run after these things, and your heavenly Father knows that you need them. (Matthew 6:32)*

Those who do not know God through Christ will run after so many things that they describe as essential. In our Western world, those ‘essentials’ include the politically correct ideologies about ‘neutrality’, ‘gender’ and (relativized and distorted) ‘care at all costs’.

But we do not need worry. God knows what we need as we set our hearts on *His kingdom and His righteousness*. That can be such a release for us! Let’s encourage each other to live in that space, and not on the rocking chair of worry!

Grace and peace,

Stephen J Fyson PhD
Principal Consultant
The Excellence Centre



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- Provide excellent products, services and research products
- Practice Christian Community

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NEHEMIAH 8:19

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