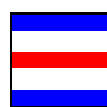


# Multnomah Channel Yacht Club



## Chaplain's Log - August 2009

Greetings Club Members, Family & Friends

### Are You a Chronic Worrier?

Are you a chronic worrier? Do you worry about bills, the future, health, debt, marriage issues? Has worry so consumed you that you have become “a fret machine”? If this describes you, perhaps you have generalized anxiety disorder, or GAD - a condition marked by a perpetual state of worry about most aspects of life. According to David Barlow, Professor of Psychology at Boston University, “the key psychological feature of GAD is a state of chronic, uncontrollable worry.” A little anxiety is normal, but constant worry is not.

Overwhelmed by suffering and persecution, the first-century Christians were driven out of Jerusalem and scattered throughout Asia (1 Peter 1:1-7). Many of these Jesus-followers were experiencing feelings of distress because of possible danger or misfortune. Peter encouraged these believers not to be filled with anxiety but to cast all their worries upon God (5:7). He wanted them to realize that it made very little sense for them to carry their worries when they could cast them on God who cared deeply about what happened to them.

Are you a chronic worrier?

Let God be responsible for your anxieties.

Stop worrying and start trusting Him completely.

When every worry, every care, to God in faith is brought,  
We have no place whereon to found, one single anxious thought.

**Worry is a burden God never intended us to bear!**

Cast all your anxiety on Him because He cares for you (1 Peter 5:7)

Reprinted from Our Daily Bread – August 11, 2009

Blessings Everyone!      Chaplain Randy

(503) 459-3550 or [jrheuer@q.com](mailto:jrheuer@q.com)