

WISDOM SESSION

What, Me Worry?

“Worry does not empty tomorrow of its sorrow. It empties today of its strength.” Corrie Ten Boom

J. Arthur Rank, an English executive, decided to do all of his worrying on one day of each week. He chose Wednesdays.

When anything happened that annoyed him or caused anxiety, he would write it down and put it in his worry box – and then would proceed to forget about it until the following week. When he opened his box the next Wednesday, more often than not he would discover that the things that had bothered him the past six days were already settled. It would have been useless to have worried about them anyways.

Studies show that only 8% of the things that we worry about are real situations that we’ll actually have to face. Isn’t it time to let go of the other 92%?

- *Win at Life*

“Do not worry then, saying what will we eat? Or what will we drink? Or what will we wear for clothing? For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.”

-Matthew 6:31-32

TTP - Trust the Process

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David Trent believes that wisdom comes from continually seeking to learn and grow through relationships and reading, which leads to personal development. In an effort to inspire learning in others, David Trent sends out weekly Wisdom Sessions. He recommends purchasing and reading any book source used in these Wisdom Sessions.