

**TO LIVE BY WORRY** I see that I am inwardly fashioned for faith and not for fear. Fear is not my native land; faith is. I am so made that worry and anxiety are sand in the machinery of life; faith is oil. I live better by faith and confidence than by fear and doubt and anxiety. In anxiety and worry my being is gasping for breath . . . these are not my native air. A Johns Hopkins doctor says that "we do not know why it is that the worriers die sooner than the non-worriers, but that is a fact." But I, who am simple of mind, think I know: we are inwardly constructed in nerve and tissue and brain cell and soul, for faith and not for fear. God made us that way. Therefore, the need of faith is not something imposed on us dogmatically, but it is written in us intrinsically. We cannot live without it. To live by worry is to live against Reality.

*Wanting to believe  
and  
having a  
basis for  
trust are  
2 different things.*

*Build more trust in your friendships—5 minutes at a time.*

*"Take 5" to write in a journal or confide in others.*

*Invest 5 minutes a week to value and expand your circle of friends.*

*Help others in need—5 seconds to 5 minutes at a time—and bring out more of the best in yourself.*

- Choose one-to-one volunteer activities.
- Make helping others a weekly habit.
- Cancel guilt trips.
- Keep expectations modest.
- Practice "random acts of kindness."
- If you love animals, consider adopting a pet.

*The time to recognize  
the value of trust is before  
it has eroded away.*

**"Lord, Who Can I  
Trust Anymore?"**

*Trust only those who stand to lose as  
much as you when things go wrong.*