

# May 12. Useless Worries

by J.R. Miller

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## Transcript

"Who of you by worrying, can add a single cubit to his height?" Matthew 6:27

So it is useless to worry! A short person cannot, by any amount of anxiety, make himself an inch taller. Why, therefore, should he waste his energy and fret his life away " in wishing he were taller?

One worries because he is too short " another because he is too tall; one because he too lean " another because he is too fat; one because he has a lame foot " another because he has a mole on his face. No amount of fretting will change any of these things!

People worry, too, over their circumstances. They are poor, and have to work hard. They have troubles, losses, and disappointments which come through causes entirely beyond their own control. They find difficulties in their environment which they cannot surmount. There are hard conditions in their lot which they cannot change.

Now why should they worry about these things? Will worrying make matters any better? Will discontent . . . cure the blind eye, or remove the ugly mole, or give health to the infirm body?

Will chafing make . . . the hard work, lighter; or the burdens, easier; or the troubles, fewer?

Will anxiety . . . keep the winter away, or keep the storm from rising, or put coal in the cellar, or put bread in the pantry, or get clothes for the children?

Even human reason shows the uselessness of worrying, since it helps nothing, and only wastes one\

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Source: <https://sermonindex.net/speakers/jr-miller/may-12-useless-worries/>

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