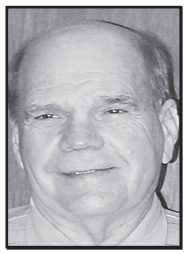


Family

Let go of anxiety; give troubles to God

For several months I have been writing on the Lord's Prayer found in Matthew 6:9-13: "Our Father who art in heaven, hallowed be your name. Your kingdom come, your will be done on earth as it is in heaven. Give us this day our daily bread.



Wes Barnett
• From the Pulpit

And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For yours is the kingdom and the power and the glory forever. Amen."

I believe if we take all the needs we have ever had or ever will have, we can categorize every need in one of the seven categories of the Lord's Prayer. In this fourth article, we will look at "The Antidote to Anxiety/Worry." The scripture verse we will be using is Matthew 6:11: "Give us our daily bread."

In Philippians 4:6 we read, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God."

What do we worry about most? Money, health, the kids, our weight? This is the age of anxiety. Many people seem to worry about everything. Proverbs 17:22 says, "A merry heart does good, like medicine, but a broken spirit dries the bones."

The old English word for "worry" literally means "to choke, to strangle," and that is what worry does to us. Worry does not work; instead it produces a great deal of negative energy and never gives good results. It is like being in a rocking chair, going back and forth, but never getting anywhere.

Research shows that 40 percent of our worries are about the future and whatever we worry about never happens. Thirty percent of our worries are about the past and can't be changed; 12 percent are needless worries about our health. Ten percent are petty worries, not worth worrying about, and eight percent are legitimate concerns.

Is there an antidote to anxiety/worry? In Philippians 4:6 God tells us not to worry, but in everything by prayer let our requests be made known to God. God says, "Don't worry, whatever your needs are, ask me for help." In the Lord's Prayer, Jesus says we are to pray, "Give us our daily bread." Our daily bread represents all the necessities of life that we will need.

In the statement "This day give us our daily bread" are three keys to overcoming worry:

1. Ask God for assistance – "Give us." Worry is an attempt to control the uncontrollable; when we feel helpless, we worry. But how much is out of God's control? Absolutely nothing! If we prayed as much as we worry, we would have a lot less to worry about. Over 20 times in the New Testament, God says, "Ask." God wants us to ask him. He says, "Don't worry;

instead, ask me; nothing is out of my control." Why does God want us to ask? Because God wants us to see him as the source for all our needs.

2. Remember God's resources – "our daily bread." Bread represents the basic necessities of life – everything we need – whatever it takes to keep us going through each day. Philippians 4:19: "And my God shall supply all your need according to his riches in glory by Christ Jesus."

The word "need" is important. It does not say, "My God will supply all our greed." There is a big difference. Society today is geared to make a lot of wants seem like needs. To summarize, God tells us that regardless of what our needs may be, regardless of what we face, He is able to supply all our needs according to his riches in glory – through Christ Jesus.

3. Trust God's timing – "daily." Trust God for his time to answer. This is often the most difficult part in overcoming worry. Waiting requires faith. He wants us to trust him daily, moment by moment.

This is not an invitation to be lazy. He is not saying, "Don't work." He is saying, "Don't worry." The sad thing is that many people pray on a regular basis, expecting God to answer their prayers while ignoring the first part of the Lord's Prayer – "hallowed be Thy name" and also "Thy will be done." To say, "Give us this day our daily bread" and forget God's will for our lives just does not work.

Jesus explained this principle in Matthew 6:31-34: "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."

How do you overcome worry? Put God first, pray, and live one day at a time.

Wes Barnett is pastor of College View Baptist Church. He can be reached at either (361) 459-9348 or wesb@st-tel.net.

Clarification

An article on the World's Largest Truck Convoy on Page 1 of the Wednesday, Sept. 15, *Colby Free Press* said the truckers voted on all the awards on Saturday. They only voted on best overall truck. The brisket dinner on Friday was made by John Anderson and Tracey Galli of Colby, and Jan Collins and Leann Sloan of Hoxie. These



Michael James Sis and Sarah Marie Dempewolf

Idaho couple plan October wedding here

Sarah Marie Dempewolf and Michael James Sis plan to marry Saturday, Oct. 2, 2010, at Sacred Heart Catholic Church in Colby.

Parents of the bride are Mr. and Mrs. Rick Ritter and Mr. and Mrs. Dick Dempewolf, all of Colby.

The groom's parents are Mr. and Mrs. Michael Sis of Bellevue, Neb., and Mr. and Mrs. Mike Markham, of Boise, Idaho.

The bride is the granddaughter of Anita Focke and the late Keith Focke of Colby, Donna Dempewolf and the late Buzz Dempewolf of Lenora, Vince and Mary Ritter of Topeka and Chet and Nina Hayes of Grinnell.

Grandparents of the groom are Ron and Donna Sis of Mc-

Cook, Neb., and Everett and Barbara Sperry of Caldwell, Idaho.

The bride is a 2000 graduate of Colby High School and a 2005 graduate of North Central Technical College through Colby Community College, with an associate's degree in dental hygiene.

She works as a registered dental hygienist at Silverstone Family Dental Clinic in Boise, Idaho.

The groom is a 2001 graduate of Bellevue West High School in Nebraska and a 2005 graduate of Boise State University with a degree in construction management and a minor in business. He is a project management consultant for Oldcastle Materials of Boise.

On the Beat

COLBY POLICE Wednesday

11:08 a.m. – Two dogs at large at Sacred Heart School playground. Unable to locate animals.

12:16 p.m. – Large black lab at large around 1130 Summer Sun Ave. Unable to locate animal.

12:29 p.m. – Suspicious package at Fourth and Country Club. Plastic water jug was removed.

12:45 p.m. – Subject came to Law Enforcement Center reporting subject trying to cash check from account holder in Colby in Aurora, Colo. Provided information; not our jurisdiction at this time.

12:51 p.m. – Welfare check: subject called, unable to contact individual for more than 72 hours. Unable to locate.

12:56 p.m. – Two vehicles parked without moving for months at Grant and Garfield on Seventh. Vehicles were tagged; will tow if not moved within time limit.

3:09 p.m. – Accident involving dog at 360 Arrowhead.

3:54 p.m. – 911 call to report domestic problem.

4:14 p.m. – Report of ex-boyfriend making threats.

4:14 p.m. – Driver of GMC pickup with camper begging for money and causing a traffic hazard at Willow and Country Club. Vehicle moved.

10:10 p.m. – Report for no Kansas driver's license on traffic stop at Fourth and Cleveland.

10:55 p.m. – Walk-through at B-Hive.

THOMAS COUNTY SHERIFF Wednesday

10:42 a.m. – Arrested Ricci Jay Welter on warrant.

11:01 a.m. – Subject came to Law Enforcement Center to report motor vehicle accident with deer at 1500 block of County Rd. 25.

Garden Party for
Merle Morris-Wolf
80th Birthday
Open House
Sept. 18, 2010
2 - 4 p.m.
880 E. 8th
Colby KS

If bad weather, will move to Presbyterian Church

Deaths

Donald Ziegelmeier

Donald Ziegelmeier, 74, Colby, died Thursday, Sept. 16, 2010, at the Swedish Medical Center in Denver.

Services are pending with Kersbrock Funeral Chapel in Colby, 462-7979.

Department seeks input on transportation bucks

A regional meeting to gather public input on how state transportation dollars should be invested will be held in Hays, at the Ramada Hays Hotel and Convention Center, 3603 Vine St. from 9 a.m. to noon on Tuesday, Oct. 26, by the Kansas Department of Transportation.

This is one of a series of meetings around the state, where information gathered will be one of the factors that will help guide decisions about where to spend about \$1.7 billion in major highway expansion and modernization projects. The spending was authorized in the new transportation program T-WORKS that was passed by the Kansas Legislature in May.

The October meetings follow four regional workshops and an online meeting in August and September designed to inform communities about the project selection process. Information about regional spending ranges and can-

didate projects can be viewed at www.ksdot.org/t-works.

"We provided information about candidate projects at the workshops; not that we wouldn't consider a new project, but these are the ones that consistently have come up in regional meetings for the past four years," said Julie Lorenz, director of the department's Division of Public Affairs. Other considerations that will go into final project selection are engineering factors, economic impact and work that has already been done on a project. These projects won't be selected until 2011 and actual construction could be several years later.

"When we get together again in October, we want to hear community leaders' thoughts on what combination of projects would be most beneficial to the region," said Ms. Lorenz.

The public is welcome and encouraged to attend.

High Plains Lions Club

The High Plains Lions club had their first fall meeting at the college Monday, with president Justin Burrus calling the meeting to order. After the flag salute, Elmer Lawver gave the invocation and Sheryl Brenn played three songs that the Kansas State Lions Band had performed at the state convention.

Club members sang "Happy Birthday" to Francis Britton and Melinda Morton reported the club had collected \$118.16 through a cake walk and concessions that will be donated to Relay for Life for the American Cancer Society.

The zone meeting will be at 2:30 p.m. Sunday at the Thomas County Office Complex. The next

meeting will be guest night for the club at 6:30 p.m. Monday, Sept. 27. Plans are being made for a candy night at one of the home basketball games.

The club will have the Lions screening trailer available for eye, blood pressure and hearing checks at the Thomas County Wellness Fair on Saturday, Nov. 13. Larry Koon reported that he had worked at the Lions Trailer at the State Fair on Saturday and over 400 people came through the trailer during the five hours he worked.

The club discussed several possibilities for youth projects for the community. Lions members collected several bags of eye glasses. Roger Herren won the drawing.

Send a card to celebrate her 95th birthday Tuesday

Maxine Swihart will celebrate her 95th birthday on Tuesday, Sept. 21. Friends and family are invited to send birthday greetings

to her at Fairview Estates, 1630 Sewell Ave., Colby, Kan., 67701.

A Sincere Thank You

We would like to extend our sincerest thank you to all of our wonderful friends during Mary's illness and death. The prayers, cards, support and love given to us were true blessings, and were deeply appreciated.

Martin and Ceanne Rinehart & Family
The Family of Mary Helm

We want your local news: e-mail to colby.editor@nwkansas.com

The family of
Robert Potter

invite you to share in the celebration of his
80th Birthday
at an Open House on Saturday Sept. 18, 2010. 2:00-4:00p.m. at City Limits, 2227 S. Range, Colby, KS. Your Presence would be a treasured gift, we kindly request no other. Birthday greetings may be mailed to 1 Lee Circle, Colby, KS. 67701.

Bridge Club

Meadow Lake bridge winners for Tuesday were first, Dave Ulmer; second, Elaine Ptacek; third, Sarah Jane Barrett; fourth, Lyle Worthy; fifth, Larry Barrett; sixth, Jean Snyder; seventh, Margaret Denneler.

Markets

| | |
|---|--------|
| Quotes as of close of previous business day | |
| Hi-Plains Co-op | |
| Wheat (bushel) | \$6.10 |
| Corn (bushel) | \$4.37 |
| Milo (hundredweight) | \$7.32 |
| Soybeans (bushel) | \$9.26 |

Please Recycle

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NORTHWEST TECH

NORTHWEST KANSAS TECHNICAL COLLEGE

The Northwest Tech Area Board of Control is seeking proposals for the purchase of the property formerly known as the Buffalo Inn Motel (two-story, 69 rooms) and Restaurant located on 830 W Hwy 24 in Goodland, KS. The Board will strongly consider 'community friendly' proposals that demonstrate enhancement to the quality of life for the community of Goodland and surrounding area. Proposals will be accepted through 2:00 pm MT on Friday, September 24, 2010, and must include a letter of credit from a financial institution. For more information contact the president's office at 1-785-890-3641. The college reserves the right to accept or reject any or all proposals.

PART INFO GETTING PLUS PART IDEA SHARING

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