



Why Do I Worry? (Focus on Faith)

Francis Wagner

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Worrying consumes more time and energy than most of us are willing to acknowledge. To be sure, life presents each of us with things we need to be concerned about. However, worry is excessive concern about life's challenges. It is the companion of fear and has the crippling capacity to take control of our thoughts to the point that it negatively affects our physical, emotional, and relational well-being.

Why Do I Worry? will help you overcome worry from the perspective of our Christian faith. Let us follow Jesus, the Light of the world, who says to us all, "Do not worry about your life. Do not let your hearts be troubled. Believe in God, believe also in me."

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