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*'Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof'*

(Matt. 6:34 KJV)

These words are stamped indelibly upon the human race in hundreds of languages. Three times in His sermon Jesus used the phrase – *Take no thought* – as He referred to the anxieties people feel about food, livelihood, clothing and life itself.

It's not that men and women should act irresponsibly. It's rather that – *having taken such precautions as we can* for our selves and our close ones – we should then stop worrying, and let tomorrow bring what it will! Once we entrust the *centre* of life to the Creator, we can learn to trust Him – about everything.

After a talk that I once gave on BBC, a businessman wrote to me. He had been dreading the next day, and happened to switch on his car radio just as I was ending! All he got were my last seven words – a quotation from the celebrated Gospel singer, George Beverly Shea, at the time of his eightieth birthday. They were, '*Fear not tomorrow; God is already there.*'

A difficult interview ahead? Hospital surgery? A college exam? If we can get centred upon God and His love for us, we can echo a phrase from the Swahili language of East Africa, made famous in a song from the film *The Lion King*:

*'Hakuna Matata' – No worries!*

