



Hurry and Worry

Be not solicitous for tomorrow. Sufficient for the day is the evil thereof. (Matt. vi. 34).

Keep yourself faithfully in the presence of God; avoid hurry and anxiety, for there are no greater obstacles to our progress in perfection. Do not think of what may happen to you tomorrow; for the same eternal Father Who cares for you today will not send you trouble or, if He does, He will give you invincible courage to bear it. Have no care for tomorrow; think only of doing well today, and when tomorrow shall have become today, then we shall think about it.

St. Francis of Sales