

Hurry and Worry

Be not solicitous for to-morrow.
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 to-morrow; for the same eternal Father Who cares for you to-day will not send you trouble or, if He does, He will give you invincible courage to bear it. Have no care for to-morrow; think only of doing well to-day, and when to-morrow shall have become to-day then we shall think about it.

--St. Francis of Sales