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# Don't Borrow Worry

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## Don't Borrow Worry

BY SUSAN E. MURRAY

This week I had a conversation with someone who was facing the impending death of her grandfather, a man who she said “was like a father to me.” She explained that her freshman year in high school he even held guardianship of her as her mother was unable to care for her. Now in his 90s, he is hospitalized, and she is facing the reality that soon he will no longer be there for her. It was a sad time.

“He taught me a lot,” she said and then recalled some of the things he would often tell her. He would say, “Do the right thing.” He encouraged her to “Stand up for yourself.” Another phrase she recalled was, “Right is right, and wrong is wrong.” We explored how these statements could continue to strengthen her and how she could rest in these loving memories of her grandfather after his death.



challenging concept. Almost every day I have opportunity to practice what I learned from Stephen Covey’s Habit 5: “Seek first to understand, and then to be understood.”<sup>1</sup>

As my friend grappled with the stress related to differing opinions of family members as to how to handle her grandfather’s hospitalization, end-of-

life-issues and what comes after his death, I offered her Jean and Stephen’s wisdom. She found these messages freeing and encouraging in considering her needs as well as those of her other family members.

Then, there’s my heavenly Father. One of his promises to me is, *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*<sup>2</sup> Maybe I first began to understand the meaning of that verse when my grandma would tell me, “Don’t borrow worry!”

I invite you to consider the positive statements you heard growing up and share their continuing impact on your life with those important to you.

This conversation was stimulus for me to think about important lessons I have learned from those older and wiser than myself. My grandmother used to say, “Don’t borrow worry!” She also used to say, “If something is worth doing, it’s worth doing it right.” My dad, a craftsman who did cabinetwork and remodeling for others, would say, “Always leave things cleaner than you found them.” I have found these messages are woven into the fabric of my life. If you talked with my children and grandchildren, they would tell you these statements are familiar to them, too!

Another message that has positively impacted me comes from my friend, mentor, teacher and encourager, Jean Clarke. She will often say, “There are many okay ways of doing things.” This gives me, and others, permission to consider possible options and new ways of doing things. People have strong ideas about how things should be done in all types of relationships and roles, so this is a

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1. Covey, S. (1999). *The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change*.

2. Romans 8:28 NIV.