

HOLY HELPS

Worry Beads

“Worry Beads” are said to have been originated by monks on Mount Athos, in Northern Greece. Strands of beads were made of knots tied on a string at regular intervals. These knotted strings were called Komboloi. The Greek word “komboloi,” comes from the time when they were used as Prayer Beads and combines the word “kombos” – meaning “knot” - and the verb “leo” – meaning “to say.” When the two words were combined it meant: “in each knot, I say a prayer.”

For some the original “Prayer Beads” became known as “Worry Beads” when prayers did not bring the desired answer. They are now merely an instrument of stress management used as a tool to pass the time with and a way to relieve tension. They are also called “stress toy” or “fidget toy.” They give the hands something to do while the mind is paralyzed with worry.

Our Lord was clear when He said: *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?”* (Matthew 6:25).

Jesus said, “do not worry” – that is a command just as forceful as the commands: “You shall not murder”; “You shall not commit adultery”; “You shall not steal” etc. Worry is sin! It is understandable for sinners to be worried about food, shelter and clothing. But Christians should know better! Why would Jesus suffer and die for the same children He planned to neglect?

We either pray and trust God or we worry and fidget! One friend said to another, who was paralyzed with worry, “Why worry when you can pray?” The worried friend answered, “Why pray when you can worry?” I have met many who prefer worry to prayer!

When we worry we are acting as though God is not big enough to handle whatever problem it is that is causing us to fret and be anxious. However, when Jesus Christ became our Savior, we became children of the Heavenly Father Who cares for us. If you have not received the Lord Jesus as your Savior, confess that you are a sinner and receive Him as your Savior and you too will become a child of the Heavenly Father and the recipient of His loving care! And you will not have any use for Worry Beads!

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