

## *Inspirational Emails*

### **Do Your Best, Forget The Rest**

*God Nuggets, Issue 12*

**Many high achievers tend to be perfectionists.** There are good things about this approach. In fact, Hebrew and Christian Proverbs, teach us to be diligent (hard working, paying attention to detail, working with excellence) in whatever we approach.



**However, many of us are not satisfied with just doing our best.** We like to think we must control the outcome of everything we touch, not only at our work, but tragically, with our family and friendships as well.

**We fear that our best is not enough,** so we have to cover every single possibility by working (or worrying) sixty, seventy, or eighty hour weeks. In other words, we make the mistake of thinking that we are God. **The inevitable result? "Burn out,"** and burnt out relationships and careers.

Of course, one can still be a worrier, and not a workaholic. Some of us aren't necessarily workaholics, **we are worry-aholics.** When we are not working, we spend a lot of time worrying about what we've done (or not done), "was it enough?"; "will it be OK?"



But since we are not God, **we simply won't know until the final results are in, whether our work or efforts are successful.** No matter how much we worry, it won't help. Each day has enough trouble of its own: "Who of you by worrying can add a single hour to his life?" (Matthew 6:27)

**The final outcome of our efforts is truly in God's hands. "The lot is cast into the lap, but its every decision is from the Lord."** (Proverbs 16:33) All we can do is make our very best effort and forget the rest (by leaving the final outcome in God's hands). **So do your best and forget the rest.**

by C.V. Doner