

## Devotion, Week of February 8, 2026

### Rev. Jeanne Simpson

I heard from a lot of folks after church on Sunday about my sermon on “worrying.” Turns out we have lots of folks who tend to worry and get anxious like me! I’m reminded of Bobby McFerin’s song from 1988. At first I thought it was a little silly, but as I get older and tend to worry more, it strikes a chord with me!

Don't worry be happy  
In every life we have some trouble  
But when you worry you make it double  
Don't worry  
Be happy, don't worry, be happy now

Ain't got no place to lay your head  
Somebody came and took your bed  
Don't worry be happy  
The landlord say your rent is late  
He may have to litigate  
But don't worry  
Be happy, look at me, I'm happy

Ain't got no cash, ain't got no style  
Ain't got no gal to make you smile  
[But don't worry be happy](#)  
'Cause when you worry, your face will frown  
And that will bring everybody down  
[So don't worry](#)  
[Be happy, don't worry, be happy now](#)

Don't worry, don't worry, don't do it, be happy  
Put a smile on your face  
Don't bring everybody down like this  
Don't worry, it will soon pass, whatever it is  
I'm not worried, I'm happy.

I plan to practice this song whenever I get worried – hope you do too! You will make God smile!

*Jeanne*