Shifting the Burden of Worry

There was once a Turk who had borrowed a fairly large sum of money from a Jew. As the time approached for this to pay his debt to the moneylender, he began to realize he would probably be unable to do so. The debtor was greatly worried by his predicament. As the deadline for payment drew nearer, he spent almost all of his time thinking about this problem. He left his lights on all night long as he paced back and forth in his house asking himself over and over, "How am I going to pay back that money? How am I going to pay that money back?"

One night as he was pacing back and forth, he realized that he had reached the limit of his thinking and worrying about this matter. He went to the home of the Jew and knocked on the door. When the moneylender opened the door, the Turk said, "Brother, I am unable to pay back the money I borrowed from you. I have been sleepless for many nights worrying about it, but now that I have told you this, you
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will be the one who will have to worry and lose sleep over it."