

Worry

November 8, 2020

Matthew 6:25-34

25 "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 than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?

28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Therefore

Worry

Seek

Practical Response

"The fact remains that to engage our more fertile brains with such anxious care is both foolish and sinful. It is foolish for the Christian because it doesn't help the situation, and it is sinful because all anxiety is practical atheism, a lack of genuine trust in God. Jesus pointed out that we have a Heavenly Father who provides for birds and lilies, and that He places a far greater value upon us than upon them. Therefore, the antidote to anxiety is a childlike trust in God which enables us to live one day at a time. We are not to be heedless (reckless) about tomorrow, but we are to be free from undue concern over it."

H. G. Bosch