

## Living a Life Free of Worry Matthew 6:25-34

<sup>25</sup>"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? <sup>26</sup>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? <sup>27</sup>Can any one of you by worrying add a single hour to your life? <sup>28</sup>"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup>Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup>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? <sup>31</sup>So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup>For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup>But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup>Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

It is important that we decide what are we going to do with the worries of life as early as now so we can obey God and deny fleshly desires to rule and reign on us.

Jesus said just one thing should have priority – His Kingdom and righteousness. This is the first change we must focus on in 2020. So, what shall we do?

1. Don't worry! (Matt. 6:25) *If worry is your automatic response to adversity, uncertainty, or general life changes—it is time that we break the habit.*

*God's concern for humans are far greater than His concern for all the other things He created. Real life is about more than the necessities of life.*

The Greek verb used here for worry is *merimnao*, means to be anxious, uneasy, disturbed, or be troubled about something. The word "merimnao" came from a Greek word "merizo" means "to divide into parts." The word pictures something as being divided or distracted or pulled in different directions, a preoccupation with things causing anxiety, stress, and pressure.

2. Don't worry (Matt. 6:31-32). Trust God to do what is best for you.

When our lives are focused on God's kingdom and His righteousness, Jesus assured us that **ALL THESE THINGS**; referring to necessities of life He mentioned in v31, will be provided for us.

3. Seek the things of God above all else (Matt 6:33-34).

Matt. 6:10, "Your kingdom come, your will be done." You can rest that the will of God for you is always perfect!

We can have confidence that God knows about our situation, cares for us, and will meet our needs. Our focus should be on seeking God and His kingdom. We **SHOULD TRUST HIM TO DO WHAT IS BEST. WE should trust God to pour out His grace in every situation RATHER THAN WORRY ABOUT meeting our basic needs today or be anxious about any other ISSUES WE might FACE TOMORROW WHICH MAY NEVER HAPPEN.**

### Reflection:

1. What things do you worry about?
2. How many of those things are essential for your life or to someone you love?
3. How do Jesus's words in Matthew 6 help you stop worrying and trust Him to take care of you and that of your love ones?

If God can take care of your basic needs, what else can He not do for you? If God created the universe from nothing, imagine what God can do for you. Be blown away by this. If after the flood God populated the whole earth with 8 billion people from just 4 couples, would you think twice to trust God with all your worries and troubles.