

What Worry Does...

Matthew 6:25-34

New International Version(NIV)

Do Not Worry

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 important than food, and the body more important 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 Who of you by worrying can add a single hour to his life^[a]?

²⁸ “And why do you worry about clothes? See how the lilies 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, O 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.

- 1) Divides your mind
- 2) Emotions are fragmented
- 3) Drains your energy
- 4) You can't do your very best
- 5) You become irritable/angry
- 6) You don't pray anymore
- 7) You question if God loves you
- 8) You can't sleep
- 9) You seek medication or other reliefs that do not include God

When we trust Jesus, we don't worry. When we worry and can't sleep. Instead of going to the medicine cabinet, get on your knees to a Holy God!

Neo...November 13, 2011(originally written March 29, 2004)