

Does the Lord know that we are prone to worry? Absolutely. And, how do we know that? In 10 verses, Jesus tells us 5 times not to worry. Also, this passage is found in the Sermon on the Mount, which I believe is the template for the sermons Jesus preached throughout Judea and Samaria during His 3 years of ministry. Stated otherwise, everyone needs to hear these words about worry.

First, Jesus says that we are not to worry about our life, in general, or about our needs, e.g., food, drink, and clothing. He reminds us that if God feeds the birds and clothes the flowers, He will also take care of us. Why? Jesus says that we are much more valuable than birds and flowers. Remember, man is God's last and greatest creation, and the only thing made in His very image. He loves us!

Second, Jesus reminds us that worry won't do anything at all to help us, saying, "Which of you by being anxious can add one cubit unto his stature?" So, if worry doesn't benefit us amidst our difficulties, why do it?

Next, Jesus says that worry demonstrates a lack of faith in Him, even calling His disciples, "O ye of little faith." Imagine a teetertotter, where faith sits on one end and worry sits on the other end. When faith is strong, then worry will be light. Where worry is strong, faith will be light.

Also, Jesus reminds us that God is both our Father and King. What thoughts do these words convey? A father loves, protects, provides, listens, helps, and encourages. A king is powerful, sovereign, able to affect circumstances and enforce his will. Our God is both! He who loves us is powerful. And, He who can change our circumstances is our provider, helper and encourager.

The passage is emphatic in telling us that God, as our Father and as our King, must come first. The Bible says, "But seek ye first the Kingdom of God, and His righteousness, and all these things shall be added unto you." The Lord will never settle for second place. For example, we are to have no other gods beside Him. Our offerings to Him are to be the first fruits. We come to church on the morning of the first day of the week to worship Him. He is not the "man upstairs"; He is the Lord God Almighty, maker of heaven and earth, and our Savior. We must honor Him as such.

In the Old Testament, God shows Himself as Jehovah Jireh or "The Lord Will Provide." In the New Testament, Philippians 4:6-7 reads, "Be anxious for nothing, but in everything, by prayer and supplication with thanksgiving, let your requests be made unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

Can we be concerned about things? Yes. Can we be cautious? Yes. But, should we worry? No. Worry is the opposite of faith in our God, who is our Father and King. So, pray to God for your specific needs to be met, and thank Him in advance for the answers to your prayers. Expect the Lord to give you peace. And, stop worrying!