

**Matthew 6:25-34**

*"Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? "Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? "Which of you by worrying can add one cubit to his stature? "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; "and yet I say to you that even Solomon in all his glory was not arrayed like one of these. "Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' "For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. "But seek first the kingdom of God and His righteousness, and all these things shall be added to you. "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."*

**LOSING UNNECESSARY WEIGHT**

Caution is advised during heat waves to those who suffer from heart or respiratory ailments. This hot, humid air causes extra work for the body's cooling system, literally "weighing it down." It might seem strange that something usually unseen like air could weigh down a person and cause health problems, but the hospital emergency wards confirmed the reality of it!

Worry is to the soul as heavy air is to the body; a destructive weight: "An anxious heart weighs a man down" (Proverbs 12:25 NIV). Too often the weight of worry crushes the soul to the point of being an emotional invalid and social casualty. In the "Sermon on the Mount, Jesus, seeing man's inclination toward worry, offered an effective remedy (Matthew 6:25-34). He first calls men to a proper perspective of life: "Is not life more than food and the body more than clothing" (verse 25). Spiritual life is more important by far than physical, and Christ himself answers that need: "the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord" (Romans 6:23).

Secondly, Christ reminded men of their preciousness to God: "Look to the birds of the air... your heavenly Father feeds them. Are you not of more value than they" (verse 26). God cares for all creation, but for man He offered His own Son on the cross: "...while we were yet sinners, Christ died for us" (Romans 5:8).

Christ further calls man to be prudent: "Who of you by worrying can add a single hour to his life?" (Matthew 6:27 NIV). Experience reminds us that worry accomplishes nothing, wisdom dictates: "Don't go there!" Rather, as Christ continues, acknowledge the willingness of God to provide all needs: "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'... your heavenly Father knows that you need [these]" (Matthew 6:32 NIV).

Having settled the matter of the source of all need, Jesus gives two final steps to erase worry: 1. Choose the divine priority - "But seek first his kingdom and his righteousness, and all these things will be given to you as well" (Matthew 6:33 NIV), and 2. Exercise wise practice - "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Matthew 6:34 NIV).

Simply stated, worry can be overcome by entering into a relationship with God through faith in Jesus Christ, focusing our minds on the loving care of God toward His children, determining to put Him first in all things and living one day at a time in the promise that He will provide all needs.

To follow these steps requires letting go of the issues that cause worry, this is done through prayer: "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. (1 Peter 5:6-7 NIV). Friend, why be weighed down with worry when the Lord can lift you up by grace?

***What is my response:***

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