

# DEVOTION TWO.

## What Jesus Said About Worry

In Matthew 6, Jesus is continuing His *Sermon on the Mount* that began in chapter 5 and extends through the end of chapter 7. In this popular teaching, Jesus gives instruction about prayer, anger, adultery, as well as other topics. He'd just finished speaking about money and possessions when He journeys into the topic of worry.



*No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money. That is why I tell you not to worry about everyday life ...* Matthew 6:24-25 NLT



Jesus told us not to worry because He knows that our infatuation with money will take our affection off serving God. But our worries often go beyond money struggles. There are many other concerns we face daily that seem to warrant a worry stance. Let's look at why Jesus told us not to worry:

### Worry Benefits No One

Jesus taught that worry is futile. It produces no fruit. There's absolutely nothing that comes from it. Worrying would make sense if it was productive. But it isn't. Worrying about a situation doesn't prevent it from happening. Yet, we engage in it often instead of making the choice not to. *(We'll talk more on Day 3 about how to overcome this unprofitable cycle.)*

### Worry Is Unnecessary

Jesus told us in Matthew 6 that the birds in the air and the flowers in the field are provided for. And they're just birds and flowers! How much more does He care for us? An immense amount! He cares for us more than He cares for other created things. He didn't die on the cross for them—*He died for us!* So, if they're provided for, won't we be?

### Worry Exposes Our Devotion

Whether we worry about money, people, or careers, if we spend our time worrying, that's what we are devoted to. We should devote ourselves to the people whom God has put in our lives and do the best in the jobs we've been given. But according to Matthew 6, we are to seek the Kingdom of God *first* and then, everything will be added to us.

There are times in our lives when we have some legitimate concerns about where things are headed either for us or those we love. The Apostle Paul says in Philippians 4:19 that God " ... *will supply every need of yours according to his riches in glory in Christ Jesus.*" (ESV)

God's provision doesn't mean we'll get everything we want or even everything we may think we need. In fact, Paul wrote Philippians 4:19 *from prison!* Yet, he still recognized that all of his spiritual needs were met in Christ. The same is true for us: when we abide in Him, we'll have everything we need.

If you feel stuck in this pattern of worry, Devotion 3 will offer you some suggestions on how to live differently in the future.



What do you typically worry about? (*relationships, career, health, etc.*) What negative effects has worrying caused you? Think about how you might be able to share a worry with a friend or a parent.



Reflect on the words on this image. What is there in life that is important to you that you can hold on to? Pray that you would know an inner peace from God.

