



MATTHEW



“Therefore I tell you:

Don't worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn't life more than food and the body more than clothing?”

- Matthew 6:25

How do we know that we're ok?

What do we look to in order to answer that question?

What I have. What I do. What others say about me.

“At the root of the money question is the anxiety question. We’re taught that the pursuit of success [in whichever realm matters most to us] will lead to security, happiness, and peace. Yet the more we have, the more we fear its loss. Our anxiety is only increased as we seek these means of relieving it.”

- Dale Bruner

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- God's presence and care
- Our value and worth in God's eyes
- God knows what we need

- Learn ways to calm the stress system down to keep the logical brain online
- Teach the feeling brain what actually is and isn't a threat

“Therefore I tell you: Don’t worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn’t life more than food and the body more than clothing? Consider the birds of the sky: They don’t sow or reap or gather into barns, yet your heavenly Father feeds them. Aren’t you worth more than they? Can any of you add one moment to his life span by worrying?”

And why do you worry about clothes? Observe how the wildflowers of the field grow: They don't labor or spin thread. Yet I tell you that not even Solomon in all his splendor was adorned like one of these. If that's how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won't he do much more for you—you of little faith? So don't worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them.

- Matthew 6:25-32

God is present and
God cares.

“It is precisely the limiting of God’s reach, the belittling of God’s interests in the real world, that Jesus calls “little faith.”

- Dale Bruner

Our value and worth in
God's eyes

God knows what
we need.

But seek first the kingdom of God and his righteousness, and all these things will be provided for you.

- Matthew 6:33

Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.

- Matthew 6:34