



Worry

By Terry Kountz on November 30, 2022

READING: Matthew 6

Worrying can be an everyday occurrence for some people. Sometimes it becomes such a normal part of life that it is not even noticed. It becomes a piece of who someone is. Many anxious people find themselves wishing to be more laid back, and they begin to think, "Okay, today I will not worry as much. Today I'm going to stop myself from worrying." But, the worrying does not stop. Instead, it becomes an even bigger mess of worrying about not worrying.

So, just how do we get rid of worry? Beginning in Matthew 6:25, Jesus talks specifically about worry. In fact, Jesus instructs us not to worry at all about anything. Such things even as simple as food and clothes worry us day in and day out. These worries are rooted in our doubt that Jesus will provide for us. Jesus says in verse 33, "But seek first his kingdom and his righteousness, and all these things will be given to you." We must hold on to and trust in the promises of Jesus. He will provide.

The best way to begin not worrying should not begin with us; it begins with Jesus. We must look to Jesus and build a relationship with Him, and as His promises unfold before us, we will see His faithfulness. Then and only by Jesus, our worries will begin to fade.

PRAYER: Lord, help me trust in You. Help me get into Your Word and draw closer to You, so as I rest in You, my worry fades.

TOMORROW'S READING: Matthew 7

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