



Stop It! - November 2021

Worry and anxiety are constant companions, and the past few years have only exacerbated the problem. Some folks are concerned for their daily bread. Others are anxious when considering retirement. Very few people seem to be anxious about eternity.

Jesus doesn't ask us not to worry. He commands it. Beyond a mere command though, Jesus tells us how to go about not worrying. He reminds us the Father provides for birds and flowers, so surely he'll provide for us. Jesus points us to the long history of God's faithfulness to his people and asks us, "Will he not also be faithful to you?"

Finally, Jesus reminds us who we are. We are God's own people, citizens of his Kingdom. He's the king, so we don't need to worry about kingly responsibilities. He holds it all together, so we can fix our attention on "his kingdom and righteousness" trusting that "all these things (the necessities of life)" will be given to us by our good and gracious King.

A few questions:

1. What worries you?
2. Who are you trusting to provide for your needs? Your family's?
3. What is a practical step you can take to stop worrying and trust God?

Music to live by: <https://youtu.be/AFkGH64pMMw>

