

## Don't Worry About It!

### Scripture Reading — Matthew 6:25-34

*“Do not worry about your life ...”*  
—Matthew 6:25—

Do you worry? Some of us worry about paying the monthly rent or mortgage. Some of us worry about the choices our children are making. Others of us are anxious about big decisions we must make about our future. With all the concerns in life, can Jesus really be serious when he tells us not to worry?

While we will never know a life without concerns, Jesus assures us we can know a life without worry. He points out that worry—any manner of pace-the-floor, can't-sleep-at-night fretting—is not helpful because it changes nothing. Worry doesn't add a single hour to life; it doesn't solve a single problem. And worry isn't helpful because life is more than our worries make it out to be! Followers of Jesus are called to live for so much more than the fleeting things we worry about.

Jesus reminds us that worry isn't necessary for a child of God. Your heavenly Father knows precisely what you need, when you need it. And your heavenly Father is good. The same God who paints the flowers of the field and tends the birds of the air holds every part of your life in his nail-pierced hands. The same God who loved you so much that he went through the hell of Calvary for you, loves you too much to leave your life to chance.

Don't worry! God is in control!

### Prayer

*Creator God, you hold the vastness of the universe and the intricacies of the smallest molecules in your hands. Help us to trust in your perfect care for us, so that we may be free to build our lives on you. Amen.*

**Devotion topics:** [Life](#), [Christian Life](#), [Following Jesus](#)

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