

REASONS TO NOT WORRY

*Therefore do not worry about tomorrow,
for tomorrow will worry about itself.*

Each day has enough trouble of its own.

Matthew 6:34

REFLECTION

The immediate reaction we may have after reading such a command from Jesus may be: "But I don't know what will happen tomorrow! I don't have the luxury of not having to worry about anything. I have to worry about the bills I have to pay. I have to worry about my health. I have to worry about my promises. I have to worry about sudden lockdowns and restrictions and how they can affect my business. I have to worry about my family who lives overseas. I have to worry about my children's exams." Nevertheless, Jesus gives us at least 3 reasons why we should not worry in this beautiful chapter in Matt. 6.

The first reason is found in verses 25-26. We need not worry because we have a just and loving Father in heaven who looks out for us and our needs. This is the basic foundation for being truly free from worry. He will provide for us what we need and rightfully deserve, even if it involves needful discipline. All these are governed by God's love! He knows our limitations, and He is faithful to give us our daily bread.

The second reason is found in verse 27. Worrying does not give us more time. Instead, it does the opposite - it robs us of precious time which can lead to something more productive. The deceptive nature and destructive effect of worry can only be reversed by being still and trusting in God alone.

The third reason is to prioritize our approach in life. *"Seek first God's kingdom and his righteousness, and all these things will be given to you as well."* (v. 33) *When live life by putting God first and obeying His word, we do not need to worry about tomorrow, "for tomorrow will worry about itself. Each day has enough trouble of its own."* (v.34)

Often, we find ourselves not doing the needful thing, e.g. wasting away time by worrying, seeking after earthly things and solutions, and casting God's "kingdom and righteousness" aside. We can either respond to the tugs of anxiety pulling at our hearts or respond to God's peace and His Word which can set us free.

Let us resolve to be free from worry by living rightly with God. Let us remind ourselves that God loves us and He will faithfully accomplish justice for the hard work we put in. Let us respond to God with faith so that we can live our lives freely focused on God's good plan for each of us!

PRAYER

Heavenly Father, thank You that Your justice and steadfast love never fails. You watch over us and our needs daily so that we can freely focus on Your Kingdom and Righteousness. Help us then to live our lives for Your purpose and glory. In Jesus' Name, we pray, Amen.

SUPPLICATION

- People are worried for their safety and livelihood as the world grapple with the effects of COVID in so many ways. Pray for God's peace to rest upon leaders and ordinary people so that hope may enable them to stand and work together for the common good. May God's church point people, who may be drowning in constant worrying, to Christ who can bring true and lasting peace.
- Many local businesses and livelihoods have been affected by the enhanced safety measures. Pray for the recovery process to ensure a gradual and safe reopening of these businesses. Pray that God would grant the authorities wisdom and courage to make the right directions in order to keep everyone safe and provided for.
- Remember the many foreign workers and students who are stuck in Singapore. Pray that they may find friendly communities that can befriend and welcome them here. Pray for their employers and the communities they stay with to be compassionate, understanding and hospitable.
- Churches in Singapore have to grapple with the many changes that affect services and staying connected with their members. Pray that the leadership and members would stay united and be mobilized for God's Kingdom and His righteousness in this season.

Worry does not empty tomorrow of its sorrow. It empties today of its strength.

- Corrie Ten Boom

If you need any prayer or pastoral care support, kindly contact the pastoral care team via:

Email: wecare@brmc.org.sg

Contact: 6592 4011 or 6592 4012