

Day 13- All In Devotion

The act of worrying is closely tied to our thoughts. In fact, Matthew 6:25 NKJV cautions us to "take no thought for your life." In other translations, this verse is translated as "do not worry about everyday life." If we are worrying we must trace our thoughts and ask ourselves why we have uneasy thoughts about certain things, subjects, people, etc. Where did these thoughts come from? When it comes to worrying we start with our thoughts because it is our thoughts that lead to feelings of uneasiness and anxiety and also disrupt peace of mind. So, in this passage, Jesus is advising us not to be anxious about material possessions such as money, clothing, or food, as it can disturb our inner peace. Note that it is not the things themselves, but WORRYING about the things is what Jesus is telling us not to do. But let us Thank God, and say Hallelujah because Jesus never tells us what we SHOULD NOT do, without letting us know what we SHOULD DO! And simultaneously He is offering a remedy for worrying.

1. Let's read the latter part of verse 25. The Lord refocuses our attention and directs us to LOOK at life itself. Let us note here that we are made in His image and likeness and on the "Great Chain or Ladder of Being," our ladder rung is just below Him and the angels. Jesus here wants us to realize that LIFE, as He has designed and given it, is worth more than anything that we might be worried about. With such life events as long term illnesses, loss of loved ones and old age, we are forced to realize that life holds the GREATEST value on this earth.
2. In verse 26, Jesus now directs us to LOOK at other creatures that He has made. On that same Great Chain or Ladder of Being, animals are on the lower rung of the ladder. No wonder what follows is a rhetorical question. "And aren't you far more valuable to Him than they are?" It sounds like Jesus might have the 'ladder' in mind. He asked this question to make this point. If they are lower on the ladder and your Heavenly Father takes care of them, how much more will He take care of you, who are higher on the ladder?
3. In verses 28 and 40, Jesus addresses the creatures on the next to the last rung on the ladder; plants. Again, LOOK at how He dresses them and sends rain for them, and without them doing anything, they are clothed beautifully! And this is only because the Father, their Creator, cares for them. We are so much higher on the 'ladder'. How much more will He care for us?

In the middle of these verses Jesus interjects something else that we must consider. In verse 27, He says, "Can we add anything to our lives by worrying?" Think about it. Have we brought anything of more value to ourselves by worrying? If we are honest, we will admit that worrying has taken from us. Above I mentioned that worrying disrupts our peace of mind, indeed it does! I will now propose, however, that it does not just disrupt our peace of mind, but also our peace with God. And if we are not at peace with God it is because we don't have faith in God. Let's not forget that without faith it is impossible to please Him. So certainly, if we are without faith we are not at peace with Him! This is why Jesus interjects this next question, again rhetorical, at the end of verse 30, "Why have you so little faith?" You see, being at peace with God, means you have faith in God, faith in God means you don't worry; you have no need to. For you know that if

you seek the Kingdom and righteousness of the One who gave you life, and who takes care of created things even lower than you, you don't worry. For surely you know that He is going to give you everything that you need!

Let's Go All In...Overcoming Worry!