

# Don't Worry, Gods Got You

Elder Anna Gray

Matthew 6:25-34 (NIV)

*<sup>25</sup>“Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? <sup>26</sup>Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup>Can any one of you by worrying add a single hour to your life? <sup>28</sup>And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup>Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup>If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? <sup>31</sup>So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup>For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup>But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

Have you ever taken the time to think about all the things we worry about? Family and finances. Friends and foes. Health or the health of a loved one. Our current job or the fact that we are currently unemployed. There is always something we can choose to worry about, because none of us can escape the problems that life brings.

But in this scripture, we find some encouraging instructions from Jesus. He specifically tells us not to worry. He tells us that “life is more than food and clothes”. He reminds us to look at all His creation and remember that He takes care of all everything and everybody that He created. He loves us so much that, He created us in His image. So, when the pressures of life begin to cause you to worry. Remember, that we serve Elohim our creator. Remember that He is Jehovah Jireh, our Provider. Remember He is Jehovah Rapha, our Healer and, He is El Shaddai, our Supplier.

Worry is natural, but we must remember that God loves us. He is aware of every situation that happens before it occurs. But I encourage you today to turn everything over to Him. Gods got us. He will never place more on us than we can bear.