

No Worries

Submitted by Minister Deidra Taylor

Matthew 6:25, 31, 33(NIV)

²⁵"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?" ³¹"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'" ³³"But seek first his kingdom and his righteousness, and all these things will be given to you as well."

What shall I drink? What shall I eat? We have come to understand that water and food are key necessities of life. Drinking water does more than quench our thirst, it is essential to feeling healthy and our bodies functioning properly. Water controls several body functions such as, regulating body temperature, protecting the body's organs and tissues, and carrying nutrients and oxygen to cells throughout the body. Whereas food provides nutrients and energy, it too is instrumental to our bodies functioning properly. Food is vital to our ability to breathe, digest, and maintain what the body needs for growth and repair. Food is also essential to keeping our immune system healthy. Then our scripture references clothing, which is obvious and goes without saying is very important. So, it is understandable that if these essentials of life weren't available to us, it would present a concern – we might worry. Especially since we have been encountering a pandemic that has lingered much longer than anyone would have ever imagined.

But I encourage you to have faith. "Faith is the substance of things hoped for, and the evidence of things not seen." The word repeatedly says.... "Do Not Worry" and that is exactly what you should do. DO NOT WORRY! But instead, place your faith and confidence in the Lord. God will supply your every need! Adhere to His word, as it affirms His action; Seek first His Kingdom and all these things will be provided to you.

Everything, I repeat the word "everything," we need God will supply! If God said it, then it is so! I encourage you to forego worry and instead rejoice in the fact that we have an awesome God. A God that provides all that we need ... and who also understands the difference between "need" and "want."

I realize that in times of adversities and uncertainty, not worrying may be a difficult task. To worry is human nature. God is real and His Word is real and constant. Never fear putting your faith in Him and His word. The word says, "whomever believes in Him will not be put to shame." "Try it for yourself."