

Do Not Worry God Cares

Submitted by Minister Bernice Cole

Matthew 6:25-27 (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? ²⁶ 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? ²⁷ Can any one of you by worrying add a single hour to your life?”

Fear and anxiety are tools of the enemy. God understands what fear and anxiety does to us which is why He tells us over 100 times in the Bible “do not fear” or “do not be anxious.” We have an enemy who studies our weaknesses and seeks to use them against us.

Jesus tells us that worry will steal away our happiness and keep us from pursuing more important goals; especially the goal of establishing our relationship with God. He says a person can worry for years and still not “add a single hour to his life “.

Fear, worry, and anxiety affect our physical health, but they also reflect our spiritual health. Our brain’s responses are most influenced by our hearts and our values. Our thinking and actions reflect the spiritual condition of our hearts.

Because our thought patterns of fear, worry, and anxiety tend to focus on the danger we face, refocusing our mind and energy towards serving others can make a major impact on how we deal with anxiety. Anxiety tends to paralyze, isolate, and cause self-doubt. However, when we can learn to focus on others with a heart of compassion, life has renewed meaning and we experience a renewed purpose and vision for our lives.

God takes the time to care about every detail of our lives including keeping up with the number of hairs on our heads. We are His creation made in His image. God is interested in more than just the highlights of our lives as His children, but He cares for all His creation.

Anxiety takes our eyes off pursuing the one who has the power to act and can stop us from pursuing the ultimate purpose we have been given by God. It is a battle to overcome the grip of fear, worry, and anxiety, but it is a battle worth fighting. Do not give up. Therefore, do not worry about tomorrow, each day has enough trouble of its own. Remember and never forget God cares - you are in Good Hands – Do Not Worry God Cares!