

## **Matthew 6:25-34**

**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?**

**28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. 29 Yet I tell you that not even Solomon in all his splendour was dressed like one of these. 30 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? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.**

### **MERIMNAO**

**Usually translated as meaning to care, to be anxious, to be concerned.**

**Literally means to be drawn in different directions. In the broader context of the passage, this division, or divided loyalty, is between God's kingdom and my own.**

### **SUMMARY**

- **No condemnation**
- **Seeking professional help**
- **Putting God first through worship and reflective bible study**
- **Delighting in God’s creation**
- **One day at a time**
- **Prayer and practical responses**
- **Physical exercise and breathing exercise**
- **The importance of the Holy Spirit**