When Worries Overwhelm You

SCRIPTURE READING:
MATTHEW 6:25–34

> *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*
>
> MATTHEW 6:34

WHEN LIFE FEELS HEAVY ON YOUR MIND

Worry is part of the world we live in. We worry about our children, our health, our finances, our work and the uncertainty of tomorrow. Sometimes we even carry the worries of yesterday with us — things we said, decisions we made or circumstances we wish we could change. There is rarely a shortage of things to worry about.

In Matthew 6:25–34, Jesus speaks directly into this very human struggle. He points to the birds of the air and the lilies of the field and reminds His disciples of the care of their heavenly Father. Jesus is not saying that we do not have real needs. He knows that we need food, clothing and daily provision. But He teaches us that our lives do not have to be controlled by constant worry.

The heart of Jesus' words is not that we will never experience uncertainty or fear. It is an invitation to place our trust in the Father who knows us, sees our needs and calls us to seek His kingdom and righteousness first. This does not mean that every problem will immediately disappear or that we will always receive what we want. It means that even when the future is uncertain, we can bring our worries to God.

Psalm 94:19 reminds us that God's comfort can strengthen us when our thoughts are filled with anxiety. And Isaiah 40:31 reminds us that those who wait on the Lord will receive new strength.

We do not have to carry the burdens of tomorrow today. We are called to trust God today, to entrust tomorrow to Him and to seek His kingdom first each day.

OTHER SCRIPTURE VERSES

ISAIAH 40:31

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

PSALM 94:19

When anxiety was great within me, your consolation brought me joy.

TAKE A MOMENT TO REFLECT

What worry is currently dominating your thoughts, and how do Jesus' words in Matthew 6:25–34 help you to see it differently?

PRAYER

Heavenly Father, You know my heart and every worry I carry. Forgive me when I try to find my security in things outside of You. Teach me to trust in Your care, even when I do not know what tomorrow holds. Help me to live faithfully today, to seek Your kingdom first and to bring my worries to You in prayer. Thank You that You know my needs and never leave me alone in my uncertainty. In Jesus' name, Amen.