

SERMON ON THE MOUNT: WORRY & WISDOM

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MATTHEW 6: 25-34

²⁵ 'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And can any of you by worrying add a single hour to your span of life? ²⁸And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? ³¹Therefore do not worry,

saying, "What will we eat?" or "What will we drink?" or "What will we wear?" ³²For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. ³³But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

³⁴ 'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

REFLECT & DISCUSS

1. Read the passage slowly. Then take a deep breath and read it again. What word, phrase, or image stands out to you?
2. Jesus knows that people worry and struggle (see v. 34). What worries are you carrying today? Are there any worries that seem to return?
3. Is there anything that Jesus counsels in this passage (or elsewhere in scripture) that helps you cope or reduce your worry? What else have you found that helps you when worry emerges?
4. What do you think it looks like to strive for God's kingdom and righteousness first?

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5. Jesus encourages his followers to trust that God, who cares for nature, also cares for each of them. Jesus is teaching his disciples in the context of a *community* of mutual care. How does God's care show up through a community that is attentive and responsive to people's needs?
6. .How might we live out this kind of attentive and responsive community of mutual care *as church*? What challenges do we face in doing so?

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