

Focus on Today!

Matthew 6:25-34 offers profound wisdom on the futility of worry and the importance of trusting in God's provision. Here are some key points from this passage:

1. **Do Not Worry About Basic Needs (Verses 25-26):** Jesus begins by instructing us not to worry about our life, specifically our food and clothing. He uses the example of birds, which do not engage in agricultural activities yet are fed by the heavenly Father. This highlights God's care for all His creation and reassures us of our value to Him.
2. **Worry is Unproductive (Verse 27):** Jesus points out the ineffectiveness of worry by stating that it cannot add a single cubit to one's stature. Worrying does not change circumstances or contribute to growth or well-being.
3. **God's Provision in Nature (Verses 28-30):** The lilies of the field, which do not labor or spin, are described as being beautifully arrayed by God, even surpassing King Solomon's splendor. If God takes such care in adorning the grass, which has a fleeting existence, how much more will He provide for us, His children? This emphasizes the need for faith.
4. **The Priority of Seeking God's Kingdom (Verses 31-33):** Jesus advises against worrying about daily necessities, which dominate the thoughts of those who do not know God (the Gentiles). Instead, He urges us to seek first the kingdom of God and His righteousness, with the promise that all these needs will be met as a result.
5. **Focus on Today (Verse 34):** The passage concludes with practical advice to not worry about tomorrow, as each day has its own troubles. This encourages living in the present and trusting God daily for provision and guidance.

Application:

- **Trust in God's Provision:** This passage calls us to trust that God, who takes care of birds and flowers, will surely provide for our needs. Reflect on times when God has provided for you and let that strengthen your faith.
- **Prioritize the Kingdom:** Make seeking God's kingdom and righteousness your **primary** focus. This involves pursuing a **relationship** with Him, living according to His principles, and spreading His love and truth to others.
- **Live in the Present:** Avoid the anxiety that comes from worrying about the future. Focus on fulfilling God's purpose for you today, trusting Him to handle tomorrow's concerns.

Reflection:

- **What are some areas in your life where you struggle with worry?**
- **How can you shift your focus to seeking God's kingdom in your daily life?**
- **In what ways have you seen God provide for you in the past? How does this encourage you to trust Him more?**

By applying these teachings, you can cultivate a more peaceful, trusting, and kingdom-focused life, aligning with God's promise that He will take care of all your needs.

Resources:

[Click here.](#) (WPF #70) For those who worry and need the peace of Jesus! (New Version)

[Click here.](#) Overcoming Doubt, Fear and Worry!

[Click here.](#) Peace! Need perfect peace? Have you been offended?

[Click here.](#) Bread of Life vs. bread of sorrows