



EPWORTH

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The War Against Worry

Matthew 6:25-34

Devotional Focus

When we become consumed with the temporary needs of tomorrow, we lose sight of God's eternal priorities today.

Devotional Reading

The start of a new year often brings change—and with change comes uncertainty. Life seasons shift whether we are ready or not. Children grow and move into new stages. Careers change. Health concerns emerge. Financial responsibilities increase or transition. Even good things can quietly introduce anxiety into our hearts.

Worry often feels as if we are being responsible. It feels like preparation. But Jesus challenges that assumption. In Matthew 6:25, He says plainly, *"Do not be anxious about your life."* He is not dismissing real needs. Instead, He is confronting misplaced focus. Life, Jesus says, is more than food, drink, and clothing. When temporary concerns dominate our thoughts, they slowly displace eternal priorities.

Jesus is not calling His followers to ignore planning or responsibility. Scripture affirms wisdom, diligence, and preparation. What Jesus confronts is **faithless anxiety**—the kind of worry that assumes God is either unaware, unconcerned, or unreliable. Over time, worry has a way of shrinking our vision until all we see are immediate needs and potential losses. God desires something better for His people: lives oriented around His kingdom and what matters most.

Three Truths to Know About Worry

1. Worry Often Forgets God's Care, Not His Power

"Look at the birds of the air... your heavenly Father feeds them." (v. 26)

Jesus points to creation to remind us of God's character. Birds do not store up supplies, yet they are fed. Twice in this passage Jesus calls God our "heavenly Father," emphasizing relationship, not distance. Worry often arises not because we doubt God's ability to provide, but because we forget that He cares personally.

God values His children. If He provides for creatures of lesser value, how much more will He provide for those He has adopted as His own? Trust grows when we remember not only what God can do, but who He is.

2. Worry Is Rooted in Little Faith, Not Limited Resources

"Will He not much more clothe you, O you of little faith?" (v. 30)

Jesus identifies the true source of worry: faith that has grown weak under pressure. Circumstances feel overwhelming, but they are not ultimate. God's faithfulness is visible all around us—in creation, in Scripture, and in our own stories. Looking back often reveals how God has consistently provided in seasons where provision seemed uncertain.

Worry narrows our memory. Faith expands it. When we look behind us and around us, we see evidence that God has never failed to keep His promises.

3. Worry Reflects a Worldly Mindset, Not a Godly Identity

"For the Gentiles seek after all these things..." (vv. 31–32)

Jesus draws a clear distinction between those who know God and those who do not. Anxious striving for basic needs characterizes those who don't know our heavenly Father. But for believers, worry does not align with who we are. God's children live under the care of a Father who already knows their needs.

Worry may be common, but it is not fitting for those who belong to Christ.

An Illustration of Faithful Trust

George Müller (1805–1898) cared for thousands of orphans in Bristol, England. He made a deliberate commitment never to solicit funds from people, believing that God alone would provide through prayer.

One morning, Müller sat down with hundreds of children in the dining hall.

There was no food. There was no money.

The children were seated, bowls and cups on the table.

Müller stood and prayed:

"Dear Father, we thank You for what You are going to give us to eat."

Moments later, a **baker knocked on the door**. He explained that he had been unable to sleep the night before and felt compelled that God wanted him to bake bread for the orphanage. He brought enough fresh bread for every child.

Shortly after that, a **milk cart broke down** directly in front of the orphanage. The milk would spoil if

it wasn't used immediately, so the milkman offered it—enough for all the children.

The orphans ate a full breakfast that day.

As Müller later wrote:

"The beginning of anxiety is the end of faith; and the beginning of true faith is the end of anxiety."

The Call of Jesus: Seek First

"But seek first the kingdom of God and His righteousness." (v. 33)

Jesus does not merely tell us what to avoid; He tells us what to pursue.

Seek First the Kingdom of God

To seek God's kingdom is to submit to His authority and reorder our priorities around His purposes.

In practical terms, this means:

- Loving God wholeheartedly
- Loving people faithfully
- Making disciples intentionally

Every season of life—new opportunities, growing responsibilities, even uncertainty—is a platform for these eternal priorities. God often uses change to place people in our path and draw our hearts toward what truly matters.

Seek First His Righteousness

Much anxiety is driven by fear of loss—fear that we will miss something essential. Jesus reminds us that in Him, we lack nothing of ultimate value. Through Christ's righteousness, we are fully accepted and complete. Contentment grows when our identity is rooted in the gospel rather than circumstances.

Reflection Questions

For Individuals

1. What temporary concern has been occupying most of your thoughts recently?
2. In what ways might worry be crowding out kingdom priorities?
3. How has God demonstrated His care and faithfulness in your past?
4. What would it look like to seek God's kingdom first in this season?

For Couples

1. What shared or unspoken worries are shaping your decisions right now?
2. How can you encourage one another to trust God rather than fear the future?
3. What eternal priorities is God inviting you to pursue together?
4. How can prayer become a regular response to anxiety in your relationship?

Prayer

Heavenly Father, You know our needs before we speak them. Forgive us for trusting our worries more than Your care. Teach us to seek Your kingdom and rest in the righteousness we have in Christ. Strengthen our faith, quiet our anxious hearts, and help us trust You with both today and

tomorrow. Amen.

Closing Encouragement

God's peace and provision are found not in controlling outcomes, but in seeking His priorities. When eternal things come first, God faithfully takes care of the rest.