

Worry? Matthew 6:19-34

‘Where your treasure is, there your heart will be also’(6:21).

Jesus invites us to listen to the longings of our heart, and to fix our sights on the mystery of God that is being enacted in our lives.

‘Don’t worry. Look 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?’(6:26).

‘Consider the lilies of the field, how they grow ... 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?’(6:28-30).

‘Your heavenly Father knows that you need all these things. So strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. Do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today’(6:32-34).

- ‘Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus’ (Philippians 4:6-7).
- ‘Cast all your anxiety on God, because he cares for you’ (1 Peter 5:7).
- ‘Some seed is sown among thorns. This happens when people hear the word, but the cares of the world and the lure of wealth choke it, and it yields nothing’ (Matthew 13:22).

- ‘Be content with what you have; for he has said, “I will never leave you or forsake you” (Hebrews 13:5).
- ‘Mary sat at the Lord’s feet and listened to what he was saying’ (Luke 10:39).
- ‘Martha, Martha, you are worried and distracted by many things; there is need of only one thing’ (Luke 10:41).

Know Yourself

1. Creature held in existence by God
 2. A person dear to the heart of Jesus. Can I share his faith in me?
 3. A temple of God's Holy Spirit
- Look at myself through Jesus' eyes
 - What are the actual ways in which I have experienced God's love?
 - What are the actual ways in which I have blocked out God's love?
 - Am I reluctant to let go unhealthy dependencies?
 - Do I want to 'live in love as Christ loves me'(Ephesians 5:2)?
 - I must respect my own mystery: the mystery of the sacred.