



A Devotional by Jon Crantz
Matthew 6 (selected verses)

Jesus said, “Therefore I tell you, do not worry about your life...Can anyone of you by worrying add a single hour to your life? Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6)

I’ve heard it said that anxiety is envisioning the future without God.

There are many things to worry about during the season of Covid-19. That last sentence is the understatement of the year. But Jesus said, “Do not worry.” How do we reconcile the constant worries that surround us with our Lord’s command to not worry?

Understanding the word “worry” in the original language is helpful here. “Worry” can mean two things:

1. Cares and concerns. Jesus does not forbid us to refrain from caring for and being concerned with the realities of life (I’ll let you insert what cares and concerns you have during this season). Or it also means:
2. Anxiety, or better, the perpetual rehearsing of our worries that cultivates anxiety.

Jesus wants us to have deep care and concern for the realities of our lives. But if those cares and concerns become the overriding way of thinking and feeling that dominates our lives, that sensation can overwhelm us and become the center of all we think and feel. (Side note: some people have chronic, biological anxiety. While this teaching applies to them, other resources and therapies are often needed).

The Lord wants us to move away from letting our worries control us, and instead, he wants to help us learn how to control our worries. Instead of rehearsing our worries over and over again in our minds, let’s learn to bring them to the Lord.

I invite you to end by praying Philippians 4:4-7 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.