



Pastor David's Weekly Devotional

Worry can be a consuming fire in the heart and life of a person – an out-of-control blaze that leaves destruction and devastation in its path. Physically, worry can wreak havoc on a person's body and mind. Emotionally, worry can induce panic and despair. Spiritually, worry can severely debilitate one's faith in God and disconnect them from an intimate fellowship with Him. Because of this, Jesus said: "... I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" (Matt 6:25-26).

As Christians, we are commanded to not worry. Therefore, it is right to call worry a sin. In fact, some have referred to worry as "the sin of unbelief" or "the sin of practical atheism." Worry is like a rocking chair – it keeps you busy but does not get you anywhere. Worrying is neither helpful nor productive; it is harmful and futile. As our Lord taught, "*Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own*" (Matt 6:27-34).

Worry serves as a warning light on the "dashboard" of our life. It notifies us that something is wrong – that we are not trusting God as we should and that we need to be on our knees in prayer before Him. Worry reveals that we have taken our eyes off God's supreme and sovereign majesty and turned our eyes onto the troubles and problems of this world. It exposes our doubt that God really cares for us as He has said, and that He is able to provide for us as He has promised. If we are trusting God then we will not be worried, and if we are worrying we are not trusting God.

Do you have a burden that is too difficult for you to carry alone? Are you weighed down by the problems and stresses of life? Do you find yourself worried today, or anxious about tomorrow? Are you doubting that God's Word and promises are true? Do you distrust that God is able to provide for you and sustain you? Are you skeptical of His mighty strength and merciful love? If you have answered 'yes' to any of these questions your life may be affected by, if not consumed with, worry.

What are we to do about our anxieties? Scripture exhorts us to cast all our anxieties upon Christ because He cares for us (1Pet.5:7). In other words, through humility (1Pet.5:5-6) and faithfulness (1Pet.5:8-9), trust in God's infinite power, His unfailing promises and His sovereign presence in your life. Remember, as His dearly loved child, God has promised to never leave you nor forsake you, and He is for you and not against you! Humbly trusting in God's sovereignty is the antidote to worry. As the apostle Paul wrote, "*do not be anxious 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*" (Phil.4:6-7).

Together in and for Christ,
Pastor David
(3/23/26)

Scripture Readings for the Week (Monday – Sunday ~ Week #12):

Genesis 44-47; 1 Samuel 6-10; Psalm 33-35; Job 23-24; Isaiah 62-66; Mark 3-4; 1 Corinthians 7-8

Recommended Reading:

"Anxious for Nothing: God's Cure for the Cares of Your Soul" by John MacArthur