

JESUS ON ANXIETY (MATTHEW 6:25-34)

Video Two

Jesus knows that we will have many troubles in life. He's not naïve.

But he knows that worrying doesn't help – it doesn't add a single hour to our lives. It doesn't actually protect us. And it merely adds to the troubles we have today.

But as we sit in our worry, staring out at an imagined future. It's like Jesus raises his hand to our cheek and gently turns our heads. To turn our attention.

Away from our futures, and the things that might come our way. And towards the daily care of a Father who knows what we need. A God who will provide all we need today. And so will provide all we need tomorrow. Even in death.

But Jesus' words on worry don't end there. Because he has one more key to learning to live free from worry.

He says:

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.

As we learn that our Heavenly Father knows what we need, more than we do. We are freed to seek his kingdom.

To pursue the life of his kingdom: a life of generosity, integrity, love for enemies, dignifying of others. A life of purity, peace-making, and hungering and thirsting for what's right.

And what does Jesus say is the result? All the things we need will be provided for us. God will give us what we need.

But let's pause for a moment. Picture the scene as Jesus teaches. He's not teaching to an individual. But to a group. A kingdom is not made up of one person. But of a community.

Jesus says – as a community. Seek this kingdom life *together*.

And so surely, the main way that God will give us all we need. Is through others in the kingdom. As we receive their generosity and love and provision.

A key to fighting worry is no longer seeing yourself as an individual. But as part of something bigger. A kingdom with a God who cares for you. And kingdom with others who seek your good, and who's good you can seek yourself.

Imagine what this could mean for your group.

Jesus' promise is that as you together seek his kingdom in your university, you will find that in him, and in one another, you will find provision.

And as you welcome others into your group, they too can taste what it means to belong to Jesus' kingdom. Having their attention drawn from their fears, and to the God who invites them to know his care.