

**Holy Trinity Sunningdale**  
**Sunday, February 12, 2023**  
**Readings – Matthew 6:25-34**

In our reading - Matthew 6:25-34, Jesus teaches us not to worry and tells us why we should not worry. I cannot take credit for the preaching rota; that credit belongs to Revd. Jon and Revd. Terry. But I have to say with all that's going on right now – the high cost of living and everyone on strike, we all need to hear Jesus say do not worry. And because Jesus says don't worry, nobody at Holy Trinity today or those watching on YouTube worries about anything? I don't think so. The reality is we all worry all the time about all kinds of different things! We worry about the future. We worry about our finances. We worry about politics. We worry about the weather etc.

I have 2 stories to share with you about worry.

Death was walking toward a city one morning and a man asked, "What are you going to do?" "I'm going to take 100 people," Death replied. "That's horrible!" the man said. "That's just the way it is," Death said. "That's what I do." The man hurried to warn everyone about Death's plan. Later that evening, the man heard in the news that 50,000 people had died that day in the city. He went to see Death and asked, "You told me you were going to take 100 people. Why did 50,000 die?" "I kept my word," Death responded. "I only took 100 people. Worry took the others."

Martin Luther, the great reformer, went through a pretty serious season of depression. The Pope was out to kill him, his friends disowned him, his cause was languishing, and he sunk pretty low and became discouraged. One day his wife came downstairs dressed in black funeral clothes. He asked her, who died? She said God did. He was so angry! He asked her who convinced her of such a lie. She answered, "You did. By the way you've been acting – worry, fear, discouragement – I assumed that God must've died."

Jesus uses one of the most common animals on the planet to teach us an important spiritual truth. He says, look around you – there are birds everywhere and they're not stressing out. They don't even know how to worry, but somehow they eat. They have no savings plan, they don't rent storage sheds, but they seem to do okay. How does that happen? Jesus says your heavenly Father feeds them. Interesting! He doesn't say "their" heavenly Father feeds them. He says your heavenly Father feeds them.

Then Jesus compares our worth to something of even less value than birds - the grass of the field. If God takes care of the grass and makes sure the grass looks pretty, he's going to clothe us and take care of us.

Actually, it's not true to say that worrying won't change anything. It will. It will make things worse. It will cause health problems, marriage problems and family problems. Worry has been linked to all the leading causes of death including heart disease, cancer, lung ailments and even suicide. Add to that list the mental fatigue of nights without sleep and days without peace, and we get a glimpse of the havoc worry plays in destroying the quality and quantity of life. That's why Jesus says don't do it. Do not worry about your life – but learn to trust God.

In verse 33, Jesus says instead of worrying, seek first God's kingdom and his righteousness and all these things will be given to you as well.

So what does it mean to seek God's kingdom above all?

First, it means to desire that every aspect of our life is under his care, direction, and plan. To seek God's rule in our life means that above all things we want his will to be done in our lives. God has already made provision for us, he's just waiting to see if we'll put him first. Putting God first, tells God I trust you. My hope, my trust, my faith is in you and I trust you to take care of my needs. If we're not seeking him first, then we've put ourselves first. Jesus reminds us that people who do not know God run after these things, but we are different.

Second, it means having the desire to see people enter God's kingdom so that they too might experience the life-giving kingdom. To seek God's kingdom is to make evangelism our most important responsibility as a church family and as individuals. Our ambition is to see people come out of darkness into God's marvellous light.

I know it's hard, but we as believers must endeavour to take a lead by worrying less. In a society of worriers, we can display bold and confident lives. In a society of worldliness we can reveal lives of contentment because our future is secure. God's kingdom is not just a promise, it is God's guarantee for every believer. We know and believe in the power of God over the events of this world and the details of our lives. We must let our lives show that God is not dead, he is alive and in control.

2 Corinthians 9:8 - "And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work."  
Amen

**Dolapo Ogunbawo**