



# Being with Jesus:

## A Devotional From the Book of Mark

Week 2  
Faith Instead of Fear

Day 5

### Scripture

“Therefore 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 than food, and the body more 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? Can any one of you by worrying add a single hour to your life?”

And why do you worry about clothes? See how the flowers 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—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.” - Matthew 6:25-34

### Prayer:

Father, Thank You for loving us like a perfect father would love his children. Thank You that You see us and know our needs. Thank You that we don't have to worry. Help us to keep Your goodness in mind when we start to worry or look too far into the future. Amen.

### Reflection

In the scripture above, we are told “do not worry” three times. Then, we essentially asked, “Why are you worrying?” three more times. The scripture reads like this: “do not worry,” “why are you worrying?,” “do not worry.” This is Jesus preaching this sermon. Isn't it a relief to know that we don't have to worry? It's not irresponsible to give up worry for trust in God.

Don't worry about food because God cares enough to feed the birds, and you are worth more than birds. Why worry at all? It doesn't do any good. Don't worry about clothing; God cares enough to magnificently clothe the flowers, and they are things that spring up and are soon gone. He cares much more for you, so won't He clothe you? Don't have so little faith!

We don't have to worry about what we will eat, drink, and wear because our Father knows what we need; and He will not neglect us. He is concerned about us. He sees us. All of these are wonderful things to keep in mind so that we do not worry.

Go back and read the scripture again.

### Questions

What things do you most often worry about?

What good has worrying ever done you?

Do you believe that God is a Father who cares about the needs of His children?