

5 2 WEEKS
OF GROWTH

Give it a Year
Week 34

WEEK 34

Matthew 6:27 (NIV)

“Can any one of you by worrying add a single hour to your life?”

Worry has a way of whispering to us in the quiet spaces. It creeps in through unanswered messages, doctor appointments, bank statements, and all the unknowns of tomorrow. It typically doesn't barge in, but it slides into the corners of our thoughts. It tends to build storylines that are far heavier than the truth.

Jesus knows this and will meet us exactly in that place. He doesn't meet us with frustration, but with compassion. In Matthew 6, He speaks about worry with a gentleness that feels like a hand on your shoulder or a warm hug.

He points to the birds, flying freely through the sky. They aren't stressed. They aren't strategizing. They simply live. They trust the provision purposed into creation itself. And Jesus is saying that if God is attentive to creatures so small, how much more attentive is He to you?

He goes on to talk about how the lilies are clothed in beauty they never had to work for. Jesus says not even Solomon—Israel's wealthiest, wisest king—had robes as stunning as theirs. If God dresses the wildflowers with that level of care, He will not forget to clothe your life in what you need.

Make no mistake...this isn't about pretending everything is fine. It's about shifting where we look. Worry anchors our gaze to the problem. Faith anchors it to The Provider. When worry whispers, Jesus gently calls your name and turns your face back toward Him.

Worry says: "You're on your own."

God says: "I am with you always" (Matthew 28:20).

Worry says: "You won't have enough."

God says: "My grace is sufficient for you" (2 Corinthians 12:9).

Worry says: "You don't know what's coming."

God says: "I know the plans I have for you" (Jeremiah 29:11).

Worry says: "You're not strong enough to handle this."

God says: "Cast all your anxiety on Me, because I care for you" (1 Peter 5:7).

Faith doesn't require you to stop feeling afraid. It invites you to place those fears into the hands of the One who already sees the outcome and has decided not to leave your side, even for a second.

READ:

Matthew 6

Philippians 4:6–7

Isaiah 41:10

Psalms 55:22

John 14:27

REFLECT:

- How do you typically respond when you feel anxious? Do you spiral inward or reach upward?
- List out all the things that you are currently worried about? How can Matthew 6 bring comfort to you?
- What would “casting your cares on Him” look like in your real life?
- How have you seen God provide for you in the past?

PRAYER:

Father God, You know every anxious thought before it is even formed in my brain. Teach me to release my worries into Your capable hands. Remind me of Your truth. Help me trust that Your presence is greater than anything I fear. Guide my steps, quiet my mind, and fill my heart with Your peace. In Jesus name I pray. Amen.