

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. Matthew 6:25–34 (ESV)

Adoration

How can we praise and adore our God? Look at how we have a Father who knows all we need, who cares for the lilies of the field and the birds of the air. You’re of much more value than birds and flowers to Him. Spend time adoring the Father for his care. Spend time adoring the Son who came for us. Spend time adoring the Spirit who sets our minds on the things above.

Confession

In our passage above, we see the Lord Jesus’ command to not be anxious. In trying times, what we’re tempted to be anxious about is revealed. What have you worried about? How have you not trusted in your Father’s care for you? Spend some time confessing your sins to not trust Him in these times. Then, trust in Christ’s finished work on the cross as the grounds for your forgiveness. Look to the One who perfectly trusted the Father, even unto death, and now lives forever!

Thanksgiving

Scripture continually commands us to offer our prayers with thanksgiving (Philippians 4:6). Giving thanks to God reminds us of the ways God has already been good to us. Jesus Christ is the same yesterday, today, and forever. Spend some time in thanksgiving, remembering the character of our God.

Supplication

We ourselves know our needs in this time. Our community has many needs. Deepest of all truly is the need to be reconciled to God. Pray for your brothers and sisters in Christ- that we’d soon be able to meet together again. Pray for the leaders of our country- that they’d have great wisdom. Pray for doctors, nurses, and those in healthcare- that they’d be strengthened and sustained. Ask that we’d be used in this time and witnesses. May we all be ready to share the hope that we have because of Christ (1 Peter 3:15)