



Be Happy, Don't Worry Devotion

Note: This devotion could also be used as a mini-Bible study.

[Please provide: hymnals, copies of Matthew 6:25–34 that follows this devotion]

Opening Hymn: Sing or say verses 1–2 of “Children of the Heavenly Father” LSB 725.

[Jesus said,] *“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble”* (Matthew 6:34a).

Are you worried? When you listen to today’s news, you may hear about another shooting at a school, workplace, or public venue. In such tragedies, some may have died, many may be injured and many lives may be changed forever. Do you worry that the next public event you attend will become a massacre by some individual who decides to shoot into the crowd? What will you do? Who will you turn to?

Wildfires rage in many western states. When the Santa Rosa, California area was devastated by one of the biggest and deadliest fires in California history, its local news shared the devastating stories of individuals who were left homeless. The fire did not discriminate as individuals in all socioeconomic levels were impacted. Santa Rosa once prided itself in controlling the homeless population within its city borders. This fire changed that status. Due to the demand, hotels only reserved rooms for one night at a time. Whole families stayed in one room with strangers who opened their homes to help. Many people were left with nothing. Lives were changed forever. Do you think those impacted were worried?

Or perhaps you personally are worried about the economy, crime, violence, your health or the health of your loved ones?

What does Jesus, our Lord and Savior say about worry? (*Hand out sheets with Matthew 6:25–34.*) Let’s read out loud together His reassuring promise.

²⁵“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? ²⁶Look 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? ²⁷And which of you by being anxious can add a single hour to his span of life? ²⁸And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰But 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? ³¹Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³²For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³But seek first the kingdom of God and his righteousness, and all these things will be added to you. ³⁴Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

What does Jesus say about worry? (See verse 25.) Jesus says, “Do not worry.”

According to Jesus, does worrying have any benefits? (See verse 27.) No. Jesus says that worry adds no extra time to our life.

What else happens to us when we worry? When we worry, our focus strays away from Jesus and from depending upon His power to help us.

What does Jesus say concerning clothing? (See verses 28–30.) Jesus says that if God “clothes” plants, how much more will He clothe you.

Reread verses 31–32. Why do we not have to worry about what we shall eat or drink or what we shall wear? God knows what we need and will provide for us.

Instead of worrying, what does God want us to do? (See verse 33.) God wants us to first seek Him and His righteousness that is found through faith in Christ Jesus alone.

Do you have any worries to turn over to the Lord? Take time to silently pray about these now.

How can you help individuals in similar situations to those mentioned at the beginning of this devotion as they face difficult circumstances? How might you share Jesus’ words about worry with them?

Closing Hymn: Sing or say verses 3–4 of “Children of the Heavenly Father” LSB 725.

Prayer: Dear Heavenly Father, we come before You this day humbly asking You to care for our every need. Let our trust be in You and our eyes on the cross. Thank You for all we have, for we know it is You who makes all we have possible. Help us to find value in You, instead of in what we will wear, eat, or drink. Continue to show us how to serve those who have encountered devastating events in their life. Help us to share the comfort found in Your Word with them as we assist them with physical and emotional needs. In Jesus’ name we pray as He has taught us.... (conclude with The Lord’s Prayer).

Be Happy, Don’t Worry
Written by Tina Landskroener, Quincy, Illinois
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Matthew 6:25–34

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