

"Can any of you by doomscrolling add a single hour to your life?"

Matthew 6:25-34

EXPLORING THE SERMON

- * What did you hear?
- * What did you think or feel about what you heard?
- * What is one thing you can take away from the sermon this week?

EXPLORING THE SCRIPTURE

25 *'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?'* 26 *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?'* 27 *And can any of you by worrying add a single hour to your span of life?'* 28 *And why do you worry 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 clothed like one of these.'* 30 *But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith?'* 31 *Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?"'* 32 *For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.'* 34 *'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.'* **Matthew 6:25-34**

REFLECTION AND DISCUSSION

It is easy for us to succumb to the illusion that we can protect ourselves from harm or control the things that happen to us by consuming information. When Jesus asks us the question in v. 27, *"can any of you by worrying add a single hour to your span or life?"*, we of course know the answer. The consuming of endless amounts of negative information has even received its own term of late: "doomscrolling." ***Have you fallen into this habit over these last eight months? Does it make you feel like you are exerting any power over your life?***

If we think we're in control of our lives, we'll be forever caught up in worrying. Because Jesus knows this is our inclination, he reminds us of nature's dependency on God in v. 26-30. ***Comparing ourselves to the birds, lilies of the field, and grass, how much more should we be able to trust that God knows what we need and will provide for us? Read v.33 and discuss what it means to you: "But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well."***

Expanding our "temporal bandwidth" turns our focus from the present, enabling us to realize that our current circumstances are not the worst the world has ever seen. As Christians, we are fortunate to be part of a community of saints who provide us with the bandwidth to walk through hard times. All Saint's Sunday gave us the opportunity to remember the lives of the faithful who followed Jesus' command to seek God's kingdom on earth. ***Whose stories inspire you and give you hope and courage? How can you pray for understanding and humility for the mystery of God's power this week?***

Heavenly Father, thank you for the lives of ordinary people who show us your kingdom on earth. Help us to pray using our friend Ed's example this week. Help us to trust, as he did, that faith can change us even when our circumstances remain the same.

Lord, live in my heart, show me your plan, counsel me to pursue that plan. Amen.