

**Article: “...Therefore Do Not Worry...”**

“...Therefore I say to you, do not worry about your life...” (Matthew 6:25); “Therefore do not worry, saying ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek...” (Matthew 6:31); “Therefore do not worry about tomorrow...” (Matthew 6:34).

In but one textual portion of His spiritually jam-packed Sermon on the Mount, the Lord Jesus says three times, “...Therefore do not worry...”

Worry over what? Well, over those things which occupy the time, concern, and anxious seeking of “Gentiles,” that is, the non-believing, heathen world.

One well-known preacher of old (Chas. H. Spurgeon, 1834-1892) labelled food, drink, and clothing as “the world’s Trinity of cares.” Fast forward, we can’t help but wonder what someone like Spurgeon—more importantly, our Lord Jesus, if He came in person to one of our 21st-century Australian homes! — would say about the ever-expanding trinity of cares bombarding us these days via ever-growing digital and technological screens and devices.

Yes, there’s the veritable deluge of consumer goods and services being paraded and “sold” us on those ubiquitous electronic sites, devices, screens, chatbots etc. etc. Each and everyone of them offer and/or promise help and relief for every conceivable need of body and life—how to “...feed it, clothe it, warm it, cool it, refresh it, relax it, entertain it, titivate it, and titillate it.”

As we are easily taken in by such a materialistic deluge, we may begin to wonder whether we could function or survive if all of a sudden the vast digital landscape and platforms with all their streaming devices and services disappeared or were destroyed—as could happen if, for example, we were living in a war-torn country like Ukraine!

Yet “*Do not worry...*” admonishes our Saviour, as He “argues” from the greater to the lesser. He would have His first disciples and us remember that life is “*more than*” food and drink, and the body “*more than*” clothing. If our Heavenly Father has given us life itself, can we not trust that He will also provide us with life’s necessities?

*Entrust your days and burdens  
To God’s most living hand;  
He cares for you while ruling  
The sky, the sea, the land,  
For He who guides the tempests  
Along their thundr’rous ways  
Will find for you a pathway  
And guide you all your days. LSB 754:1*