

# Daily Discipleship

**Sunday, May 24-28 (A) – Matthew 6:24-34**

**Tips of Discipleship:** *Do Not Worry*

**Focus Question:** *What worries could you have entrusted to God this week?*

## **word of life**

**“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?”** Matthew 6:26 (NRSV)

Read Matthew 6:24-34

Jesus has a lot of things to worry about during his years of ministry. He needs to recruit and train disciples. He delivers lengthy sermons such as the Sermon on the Mount found in Matthew 5-7 and heals the sick. Plus, some days seem to be full of conflict, in addition to disciples who simply do not understand his mission. His enemies seem to increase in numbers. There is so much to do and so little time to complete his mission.

1. *What are other things which might cause worries for Jesus?*
2. *Yet, why is Jesus able not to worry?*

Despite all the worrisome demands Jesus experiences, he is still able to teach the crowds who gather to hear the Sermon on the Mount to not worry about life, clothing, or food. Imagine – not worrying.

3. *What might have worried the disciples?*
4. *What would life be like without worries?*

Jesus uses simple illustrations to make his point. First, he notes the birds of the air. They search continuously for food, but do not produce any of it. They simply live off the bounty of the land; and God cares for them.

5. *Describe a day in the life of a bird.*
6. *How does God care for that bird?*

Jesus shifts his attention to the flowers of the field. Like birds, they do not have the capacity to produce those things needed for them to live and flourish – sunshine, soil, air, or nutrients. Yet, God cares for them and provides a habitat in creation for their growth. Some flowers only bloom for a few days, yet their blossoms are radiant. Jesus reflects, “Yet I tell you, even Solomon in all his glory was not clothed like one of these.” (Matthew 6:29 NRSV)

7. *What does the diversity of flowers tell you about God?*
8. *How can flowers teach us about trust?*

It is as if Jesus is leading a retreat, giving his listeners a chance to breathe deeply and enjoy the beauty of God’s creation. He encourages his disciples to look at the birds and flowers – to really stop and look at the world around them. God has this world totally under control.

In reality, Jesus is giving a lesson on trust. Those birds and flowers can not do anything to bring sunny days or good weather. They are there to live. So, why is humanity consumed with worry? Jesus encourages his disciples to trust in God to provide for them, just as God provides for the birds and flowers. Live today. Trust in God’s care for each of us.

9. *How is this advice still relevant for today?*

## **word among us**

One night, a storm shook the house with its wind, and the rain poured down. By the next morning, the sun was out. We sat on our patio to eat lunch and enjoy the sunshine after an anxious stormy night. It was an exceptionally noisy day with birds cackling and chirping as if to proclaim the joy of surviving the storm.

Behind us, a crow made lots of noise in the tree as it fought off a small, irate bird. Each was competing for the same branch. The crow was not moving. Both birds sounded in distress, but it was difficult to see if there were eggs involved in this battle.

About that same time, a barred owl landed on a low branch of a nearby tree. What was happening in the yard? The birds of the sky were demanding attention. We became caught in the moment of looking at the birds and living as if there were no worries in the world.

1. *Share an experience when creation brought you joy.*
2. *When you want to forget your troubles, what in creation brings you peace?*
3. *What can we learn from the birds of the air?*

The yard that afternoon was also filled with flowers. Their buds and leaves seemed to rise up to greet the sun. They were beautiful, but not because of any innate traits. Flowers do what flowers are intended by God to do. They bring beauty and pollen – whether any human eye sees them or not.

4. *What can we learn from flowers?*
5. *How might the comparison of flowers and birds to humans be insufficient?*

Jesus is really teaching about trust. We are to cast our worries on God and seek God's reign, trusting that both today and tomorrow are in God's control.

6. *What things (if any) are worth worrying about?*
7. *What things (if any) are not worth worrying about?*
8. *What if a person cannot shake worry?*

None of us knows what tomorrow will bring. Jesus knew he had a limited amount of time with his disciples. Yet, he did not seem to worry about his death. Jesus modeled a way to live fully in the day, yet to make preparations for tomorrow. He worked to fulfill his mission on the earth, trusting that God would provide.

9. *What do you hope to remember from this lesson?*

## **Prayer**

Creator of the Universe, remind me again of your care for me. Take my burdens from me and release me from worry. Strengthen me to be your trusting servant. Amen

## **Dig Deeper**

Psalms 131

## **last word**

Make a worry list.  
Write down all things  
which seem to worry you.  
Use it as a prayer list,  
offering your worries to God  
in prayer.



*Daily Discipleship*

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