

May 24/25, 2025

"Do Not Worry"

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**Beyond the
Weekend**

SPEND DAILY TIME WITH GOD AS YOU READ, THINK, PRAY + ACT.

2025 Focus: 50 Key Truths

Each Friday, explore a key truth about our Christian faith and how we can live in light of this truth.

Day 1 [Matthew 6:25-33](#) | Do Not Worry

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Matthew 6:26

Jesus is preaching what would later be recognized as his core teaching, the Sermon on the Mount. At the center of this message, Jesus teaches about worry. Many of those listening to Jesus are day laborers, working day-to-day for their daily needs and provision. These individuals recognize their need for daily bread. They know what it means to have real and genuine concerns. Yet, it is amid such concerns that Jesus gives these words about worry and the good heart of our heavenly Father.

Though our worries may differ from those of Jesus's followers on the hillside, we still need to entrust our concerns to our heavenly Father. We may worry about our health, our children's future, the state of our world or if we will be able to afford housing. Learning to trust God in all things is a daily process that involves turning our worries over to God regularly. God sees us, cares for us (even more than the birds) and provides for our needs. We can trust him, and it is essential for our spiritual growth.

TODAY: What worries you? What you do with your worries is key. You can allow worry to snowball into anxiety, or you can turn your concerns over to God and his ever-loving care and provision. Write a list of what you are most worried about. Then, pray through the list and ask for God's grace and provision with each item.

Day 2 [Matthew 6:25-27](#) | God Sees and Feeds Me

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? Matthew 6:26-27

Jesus teaches on a hillside and references the birds, which were probably flying and chirping nearby. He says that God knows and cares for these very birds. God provides their food and all they need for life. Jesus then turns the focus back on his listeners: "Are you not much more valuable than they?" If God cares for the birds, how much more does he, a gracious heavenly Father, care for people who are made in his image?

Whenever we are tempted to doubt our incredible value to God, we can look at the birds and remember the Father's care. But, even more, we should think of all that God has done to give us life and save us from our sins. Paul writes that God demonstrates his love and care for us by sending Jesus to die for our sins ([Romans 5:8](#)). We can *know that* God loves and cares for us. His love and care provide us with the strength to resist and overcome worries.

TODAY: Commit [Matthew 6:26](#) to memory. As you memorize these words, think about the gracious and caring heart of God, your heavenly Father. He sees, knows and cares. These are truths you can believe and will give you strength in your battle against worry.

Day 3 [Matthew 6:28-32](#) | God Will Clothe and Bless Me

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. Matthew 6:31-32

After reminding his listeners about their heavenly Father's good and loving nature, Jesus gives a passing warning about the tendencies of "the pagans," or those not walking with God. The pagans tend to chase after things, unaware of God's provision or not aligned with God's will. Here, Jesus draws attention to the human tendency of looking for life's provision apart from acknowledging God and his gracious care. The follower of Jesus, however, is to recognize God's loving care and provision and learn to trust him with daily needs.

Like "the pagans," we too can chase things God doesn't want us to run after. We can forget about God's provision or allow our priorities to get out of line. However, the daily practice of gratitude is a key means to reframe our thinking around God and his provision. God is the one who supplies all our needs in Christ Jesus ([Philippians 4:19](#)). Rather than miss God's regular provision in our lives, such as the reminders of the birds and the flowers, gratitude allows us to slow down, think accurately about God and see his gracious care.

TODAY: Spend time thinking about how God has specifically provided for you. A gratitude journal is one of the best ways to make this a regular habit. What are three things you are thankful for today? Journal these things and then thank God for his gracious provision.

Day 4 [Matthew 6:33](#) | I Will Worship Him

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33

After warning his listeners about the folly of worry, Jesus points them to the antidote: worship. Instead of living a life consumed by fear and worry, followers of Jesus are to set their gaze upon God and "seek first his kingdom and righteousness." Such a way of life implies worshipping—focusing thoughts on God's character, trusting him completely and living in obedience to him. Jesus knows that worship pushes out worry. This is the full life that Jesus calls his followers to live.

Our hearts tend to worship many things, like careers, skills, friends and achievements. But only God is worthy of our worship. Only he can bear the weight and responsibility of defining, delighting and directing us. Worry distorts our view of God and life in general. Worshipping God allows us to focus on the truth and find meaning for our lives. We were made for God and his purpose for our lives. So, rather than allow worry to consume us, we can bring our worries to God. He will redirect our hearts toward his good character and what he has done. As we turn to him, we find fulfillment in him alone, and our worries lessen.

TODAY: One of the best things to do when you're in a season of worry is to slow down and worship God through songs about him. Music ingrains truth in our hearts and helps us recall it when we need it most. So, slow down and sing with Ada Bible Worship, "[The Lord Will Provide](#)." As you sing, focus on this line: "Everything I need, my Father has it."



Day 5 [Colossians 1:15-20](#) | Question 20: Jesus as Fully God and Fully Man

Question: What does it mean that Jesus is fully God and fully man?

Answer: Jesus possesses a divine nature as the Son of God *and* a human nature, uniting them in one person.

For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross. Colossians 1:19-20

In today's passage, Paul presents Christ's divine-human nature. Jesus is "the image of the invisible God"—the perfect representation of the unseen Father). He is "firstborn over all creation," holding preeminence and sovereignty. Christ created and sustains all things. Yet, this eternal Creator became human. The phrase "all his fullness" emphasizes Christ's complete deity—everything that makes him God dwells in Jesus. This divine Son "made peace through his blood," pointing to his genuine humanity. The passage affirms the incarnation's mystery: Jesus is both the eternal Creator God and the human Savior who died for people's redemption, uniting both natures perfectly in one person.

This truth is essential to our salvation. If Jesus were merely human, his death couldn't atone for the world's sins. If Jesus were merely divine, he couldn't truly represent us. As fully God, Jesus has the power to forgive sins and conquer death. As fully human, he experienced temptation and suffering, becoming our perfect high priest who empathizes with our weaknesses ([Hebrews 4:15](#)). The incarnation means God didn't remain distant from our pain but entered it fully. When Jesus taught, healed and died, humanity witnessed perfect humanity and divine love. His resurrection vindicates both his sacrifice and divine identity, revealing that our faith rests on the God-man who conquered death.

TODAY: Take a moment to consider all that you've learned about Jesus and feel wonder. Thank him for becoming human while remaining fully God. Reflect on how his divinity gives you confidence in his power to save, while his humanity assures you he understands your struggles. Read [Hebrews 4:14-16](#) and approach God boldly, knowing your high priest is divine and human.

Learn more about Jesus and other questions our congregation has asked in our bonus episode of [the Beyond the Weekend Podcast](#) today.