

ALL !N WITH JORDAN EASLEY

Why Worry?

Questions Jesus Asked | Part 3 | Matthew 6:25-34

INTRODUCTION

A while back, an airline lost my golf clubs — not just any clubs, but brand new, custom-fit ones on a one-way flight. For two months I called, sat on hold, and filled out forms, and in the end all I got was a check for half of what they were worth. So I bought a new set and swore I'd never fly with clubs again. Fast forward to last week: I flew with them again. When I landed, I stood at baggage claim watching hundreds of bags go by — none of them mine. My heart was racing, my mind was spinning worst-case scenarios, until I realized something: I was standing at the wrong carousel. My clubs had been sitting twenty feet away the whole time, at the right one, just waiting for me to show up. Isn't that exactly what worry does? We stand in the wrong place, focus on the wrong things, and spin scenarios in our heads — all while the peace we're looking for has been right there the whole time, waiting for us to stop and trust God.

That's why Jesus asked the question He did in Matthew 6:27: "Can any of you add one moment to your life by worrying?" He asked it because He knew the truth — worry doesn't add, it only subtracts. It won't make your day longer or your load lighter; it will only make your heart heavier. Worry is one of the few things that connects all of us, no matter how spiritual we are or how long we've followed Jesus, and most of what we worry about is completely out of our control. Jesus asked this on a hillside during the Sermon on the Mount, surrounded by ordinary people — farmers, fishermen, mothers, day laborers — who lived with real worries about their next meal and their survival. He wasn't scolding them; He was shepherding them, gently exposing the futility of worry in order to lead them into the freedom of trust. He isn't asking the question to condemn you — He's asking it to invite you into peace. And to get us there, He gives three shifts: three holy exchanges that move us from worry to worship, from panic to prayer, and from control to surrender.

KEY POINTS

1. Don't Just Worry — Worship

When Jesus says, "Don't worry about your life" (Matthew 6:25), He isn't telling you to stop caring or to pretend your problems don't exist — He's telling you to stop living like you're alone in them. The Greek word for "worry," *merimnaō*, literally means "to be divided" or "pulled apart," and that's exactly what anxiety does: your mind runs one direction while your faith is pulled another. So Jesus points to the sky and says, "Consider the birds of the sky: they don't sow or reap or gather into barns, yet your heavenly Father feeds them. Aren't you worth more than they?" (v. 26). That bird on your fence post isn't pacing and fretting about breakfast — it just sings and does what God made it to do, and somehow God provides every single day. If God takes care of the birds, don't you think He can take care of the people He made in His own image, the crown of His creation?

Here's the truth underneath it all: worry is worship pointed in the wrong direction. Whatever you focus on most becomes what you fear most, and eventually what you fear is what you follow. Focus on your problems and they'll always feel bigger than your God; focus on your Provider and you'll see He's been bigger than your problems all along. Worry magnifies the chaos; worship magnifies the Christ — which is why it's so hard to do both at the same time. When you worship even while you're worried, the storm may not stop, but your soul starts to settle. I've learned this in the seasons when worry was winning, waking at 3:00 a.m. with my mind racing: I write down what's weighing on me, and then I lie there and thank God for what's still good — a roof, my family, breath in my lungs. Gratitude and anxiety have a hard time holding hands. That's why Scripture says, "Don't worry about anything, but in everything, with prayer and thanksgiving, let your requests be made known to God — and the peace of God will guard your heart and mind" (Philippians 4:6-7). Worship builds a fortress around your peace and posts a guard named "peace" at the door of your heart. Just ask Paul and Silas, who at midnight in a Philippian jail chose to sing hymns instead of sink in fear — and as they praised, God shook the prison and set them free. That's what worship does: it shakes what worry built. So when the walls close in, do what Jesus said — look up. Your peace doesn't come from what you control; it comes from Who you trust.

2. Don't Just Panic — Pray

Our natural response to pressure is panic. The doctor calls, the boss emails, the car makes a strange noise — and instantly our heart rate climbs and our mind imagines every possible outcome except the one where God is still in control. Jesus knew this about us, which is why He kept pressing the question, "Can any of you add one moment to your life by worrying?" He's saying, in effect, "You think your anxiety is productive — but it isn't." Then He points to the flowers: "And why do you worry about clothes? Observe how the wildflowers of the field grow: they don't labor or spin thread. Yet I tell you that not even Solomon in all his splendor was adorned like one of these. If that's how God clothes the grass of the field... won't he do much more for you — you of little faith?" (vv. 28-30). He isn't mocking them with "you of little faith"; He's reminding them that their Father is faithful. If God clothes the temporary grass, surely He'll take care of you.

That's why panic makes no sense in the kingdom of God: panic says "It's up to me," but prayer says "It's already up to Him." Jesus continues, "So don't worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them" (vv. 31-32). People who don't know God spend their lives chasing and panicking over these things — but you are not them. You have a Father who already knows what you need before you ask, so you don't have to live like an orphan when heaven is on your side. Remember, that word for worry, *merimnaō*, means to be pulled apart — and that's what panic does, tearing your peace apart piece by piece. But prayer gathers those pieces and hands them back to God; it's how you realign your heart with heaven. Every anxious thought is really an invitation to speak to your Father, and every racing heartbeat is your cue to pray. When your kids get sick — pray first. When finances look tight — pray first. When your heart feels heavy — pray first. When the future feels foggy — pray first. Because prayer isn't pretending everything's fine; it's proclaiming that God is still faithful.

3. Don't Just Seek Control — Seek the Kingdom

As Jesus lands this section of His sermon, He gives one of the most famous verses in all of Scripture: "But seek first the kingdom of God and his righteousness, and all these things will be provided for you" (Matthew 6:33). This verse is the key to everything, because worry isn't really about your

circumstances — it's about your priorities. Worry grows wherever God isn't first. When your job is first, you'll worry about your job; when your kids are first, you'll worry about your kids; when money is first, you'll worry about money. But when God's kingdom is first, peace follows. The word "seek" means to pursue with passion and priority, so Jesus is saying, "Stop prioritizing the temporary and start chasing the eternal." And here's His promise: if you make God's kingdom your focus, He'll make your needs His responsibility. "Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own" (v. 34). Stop borrowing trouble from the future — you have enough grace for today.

So Jesus asks one more time, "Can any of you add one moment to your life by worrying?" — and the answer is still no. You can't add a moment by worrying, but you can add peace by trusting. I'll never forget a young mom I visited in the hospital, sitting beside her newborn hooked to tubes and monitors, unsure he'd survive the night. I expected fear, but I found faith — she was humming a worship song with tears in her eyes. When I asked how she stayed so calm, she said, "I'm not calm because I'm strong. I'm calm because I finally realized I'm not in control. God's got him, and God's got me." That baby is alive and healthy today, but even if he hadn't been, that mother had already traded her worry for worship. That's what Jesus invites you to do. He's not asking you to pretend you have no problems; He's asking you to trust Him when you do. So here's the challenge: don't just worry — worship; don't just panic — pray; don't just seek control — seek the Kingdom. Because you can't add a single moment to your life by worrying, but you can add meaning to every moment by trusting the One who holds it all.

QUESTIONS TO CONSIDER

1. Jesus says worry is "worship in the wrong direction." What has been getting your attention and energy lately, and how might turning that same focus into gratitude and worship begin to settle your soul?
2. Where has your first instinct under pressure been to panic instead of to pray? What would it look like this week to make prayer your *first* response — to your kids, your finances, your health, your future — rather than your last resort?

3. "Seek first the kingdom of God." Worry grows wherever God isn't first. What is currently sitting in first place in your life, and what is one step you can take to put His kingdom there instead?
