ENOUGH

What If I Don’t Have Enough?

Wednesday Week 3 · Worry · Matthew 6:25–34 (NIV)

Big idea: Worry looks at what I lack. Faith looks up to the Father who knows.

I. Attention Getter (~3 min)

Before we get started tonight, I need to take a quick survey. Raise your hand if you’ve ever left the house, gotten all the way down the street, and turned around to check whether you locked the door.

Keep it up if you had *already* checked. Twice. Okay, I see you. That’s my kind of people.

Or what about when your phone buzzes? It’s a text from your spouse, or your boss, or your pastors, and all it says is: “Call me when you get a chance.” No emoji. No context. Who gets a little anxious?

But what about when it’s more than whether a door is locked, or not knowing what a conversation is about?

What about worry when you go to get groceries? When the due date for rent is approaching? When your car is making a noise and you’re not sure you want to find out what it is?

I want to be sensitive here, because for some of us, worry has been a constant companion, hasn’t it?

You’re behind on the car payment, and every morning you look out the window to see if it’s still there. There’s a notice on the door, or a date circled on the calendar that you can’t stop thinking about. Maybe you’re sleeping on a friend’s couch right now. Maybe the car *is* where you sleep. Maybe you’re facing or experiencing homelessness right now.

For some of you, you are worried because work hasn’t been the same. Some of you have had hours cut, or lost your work permit, or can’t work because you are caring for family.

If that's you, I'm not going to stand up here and just tell you to stop worrying. Because simply… you deserve better. But I do want to tell you that if this is you, Jesus can speak into your situation.

Landing: the question underneath

Through different seasons of life, a lingering question for all of us is this: *What if I don't have enough?*

What if I give, and then I don't have enough?

What if this difficult time isn't just a season, but becomes my life now?

What if I get ahead, but it all falls apart again?

Pause.

If a question like these lives in you tonight, you are not a bad Christian. You are not failing God. You're human. Most of the people listening to Jesus the day he preached tonight's passage lived one bad harvest away from going hungry. When he talked about worry, he wasn't talking to people with full pantries. He was talking to people who knew exactly how it feels to wonder, "What if I don't have enough?"

And the Creator of the Universe, the One who made the birds and the flowers, didn't shame them. He didn't say, "What's wrong with you?" He did something much kinder. He pointed. He said, in effect, *look up.*

You see, worry keeps our eyes down: on the bills, the calendar, the bank account. But Jesus… he lifts our eyes.

So here's the big idea tonight: **Worry looks at what I lack. Faith looks up to the Father who knows.**

Let me say it one more time: **Worry looks at what I lack. Faith looks up to the Father who knows.**

Before we open the Scripture, for just a moment, I want to invite you into a quiet prayer, a way to prepare our hearts. It's pretty simple. Take whatever "what if" you're carrying tonight (fear over your financial future, your career, your home) and just whisper, "My Father knows." Can you whisper that one more time? "My Father knows."

Short prayer.

II. Bridge & Scripture (~3 min)

Two weeks ago we settled a big question: who owns it? We saw that the earth is the Lord's, and everything in it. We're not owners, we're stewards. Last week P. Joel walked us through the trap of more, how the hunger for *more* can quietly take over a heart.

Tonight is the other side of last week's coin. The trap of more says, "I need more." Worry says, "What if I don't have enough?" They sound like opposites, but they grow from the same root.

Both are trying to find safety somewhere other than God.

That's why the way Jesus begins tonight's passage matters so much. Right before tonight's passage, he says, "You cannot serve both God and Money." And then his very next word is *therefore*: "Therefore I tell you, do not worry about your life."

He's connecting the two. Worry often shows up when money has quietly moved into the place in our hearts where only God belongs: the place we look to for safety. That doesn't make you a bad person. It makes you someone who lives in Southern California in 2026. That said, Jesus still wants to transform us. Jesus still loves us too much to leave us there. Jesus, aware of our financial realities, still invites to look to the Father who knows.

Let's look at the Scripture for tonight:

> *25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 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? 27 Can any one of you by worrying add a single hour to your life?*
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> *28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow,*

for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:25–34)

In this short passage, Jesus says the word "worry" six times. He knows. He isn't naive about our lives. But he says something else, too. He says "look" and "see." He doesn't just tell us to stop worrying. He gently turns our heads. So tonight, let's follow where he's pointing.

III. Exegesis (~15 min)

After giving the command "do not worry," he asks us to…

Look at the birds: your Father is generous (vv. 25–27)

Jesus starts with a question: "Is not life more than food, and the body more than clothes?" Think about what that means. God already gave you the bigger gift: your life, your body, made in his image and made for his kingdom. The Father who gave you life isn't going to forget the bread that keeps it going.

He points up: "Look at the birds of the air." They "do not sow or reap or store away in barns." Now, that doesn't mean birds are lazy. Anyone who's watched a mama bird going back and forth to the nest all day knows they work hard. The point is that they don't stockpile. They aren't building bigger barns to feel safe or secure. And yet, Jesus says, "your heavenly Father feeds them."

Did you catch that? He doesn't say *their* Father feeds them. He says *your* Father feeds them. The God who looks after sparrows isn't a distant force. He's your Father. Then Jesus asks, "Are you not much more valuable than they?" Worry whispers, "You're on your own." Jesus says, "You are valued. You are seen."

The psalmist saw this same generosity: "You open your hand and satisfy the desires of every living thing." In a series about open hands, don't miss this: **before God ever asks us to open our hands, he opens his. He is generous first.**

Then Jesus asks one of the most honest questions in the Bible: "Can any one of you by worrying add a single hour to your life?"

Can you? [look around]

Worry is a treadmill. It burns a lot of energy and gets you nowhere. It can't pay the rent. It can't fix the car. It just steals tonight's sleep to pay for tomorrow's problem.

Now, let's be clear about what Jesus is *not* saying. He isn't saying, "Don't plan." Scripture praises the ant who gathers food in the summer. Making a budget is not a lack of faith. Saving is not a lack of faith. The word Jesus uses for worry is *merimnaō*. It has the sense of being pulled apart, divided, distracted. Here's the difference: **planning puts tomorrow in God's hands. Worry tries to hold tomorrow in mine.**

So, Light & Life, when you feel that worry, would you take that worry and redirect it to the hands of the Father?

The birds remind us that our Father is generous. But Jesus isn't done. He turns our eyes from the sky to the field.

See the flowers: your Father knows (vv. 28–32)

Then Jesus points down: "See how the flowers of the field grow." These aren't flowers in somebody's carefully tended garden. They're wildflowers. Nobody planted them. Nobody waters them. They "do not labor or spin," and yet Jesus says "not even Solomon in all his splendor" was dressed like one of them. Solomon was the richest, best-dressed king Israel ever had, and Jesus is saying - in effect - that a California poppy on the side of the 405 outdresses him because that poppy's glory is freely given by God.

Jesus says these flowers are here today, and tomorrow they're "thrown into the fire." In that world, dried grass was fuel for the oven. Here today, kindling tomorrow. And still God dresses them in beauty. That's how extravagant his care is: he lavishes beauty on something that won't last the week. If He will lavish love and care upon these flowers, will he not much more clothe you? Will He not much more care for you?

Of course He will.

Then comes a phrase that can sting if we hear it wrong: "you of little faith." Some of us hear that as a scolding. But look at how Jesus uses it in Matthew.

He says it to his disciples in the boat during the storm, and then he calms the storm.

He says it to Peter as Peter is sinking in the waves, and right as he says it, Jesus is reaching out his hand and catching him.

Every time Jesus says "little faith," he's close enough to help. It's not a word that pushes you away. It's a nickname from a friend who stays. **Little faith is still faith. And little faith, even the size of a mustard seed, in a big God is held by that God we trust in.**

Then Jesus draws a contrast. He says “the pagans run after all these things.” Run after. Chase. Grasp. People who don’t know God as Father have to chase security, because as far as they know, nobody else is looking out for them. But if you’re in Christ, you have been adopted, you are beloved. Your Abba Father is looking for you! Jesus put it like this: “your heavenly Father knows that you need them.”

Say it with me “My Father knows”

Notice what Jesus does *not* say. He doesn’t say, “You don’t really need food. You don’t really need rent money. Those things don’t matter.” He says your Father *knows* you need them. Your needs are not unspiritual. They’re not invisible. The difference between a worried heart and a trusting heart isn’t that one has needs and the other doesn’t. It’s that the trusting heart knows who’s paying attention. And if you know that God keeps you in His mind, how could you not be grateful?

So worry isn’t our job, but we do have an assignment. Jesus answers in verse 33. He doesn’t just take something away. He gives us something to seek. He says to…

Seek the kingdom: your Father reigns (vv. 33–34)

Jesus doesn’t just tell us what to stop doing. He tells us where to put our attention instead: “But seek first his kingdom and his righteousness.”

The kingdom of God means God’s reign, his rule. When everything feels out of control, the kingdom reminds us that God is not out of control. He is still on the throne. He hasn’t been surprised by the price of eggs or the rent increase or the layoff. He remains sovereign, and He remains good.

And “seek first” isn’t about a ranked list where God gets the top line and everything else comes after. It’s more like a compass than a checklist. When God’s kingdom sets the direction, everything else (my job, my bills, my family, my plans) gets arranged around it.

Then comes the promise: “all these things will be given to you as well.” What are “these things”? Look at the context: food, drink, clothes. This isn’t a promise that God will make us rich. It’s a promise that we have a Father who provides what we truly need.

Now, that provision will look different. Sometimes it’ll be through hard work. You’ll have to work harder, and he’ll sustain you. Sometimes you’ll have to rely on resources that require humility, like a food pantry or food stamps, or moving in with family. Sometimes

it'll be through enduring a less-than-ideal circumstance. And of course, sometimes it will be through being honest with the spiritual family God has provided.

That's exactly what happened in the early church. The book of Acts says "there were no needy persons among them." Not because nobody had needs, but because they looked out for one another. Some gave. Some received. And all of them belonged.

You see, when we know our Father knows, and the He reigns, that frees us to seek the Kingdom with freedom. Can I put it like this?

When I'm sure my Father sees me, I'm free to see others.

Fear closes our hands. It says, "Protect yourself. Hold on tighter." **But when my confidence in God's provision becomes greater than my fear of not having enough, my hands start to open.**

I start looking out. I notice the neighbor who's behind on rent, the mom in the row behind me, the coworker who keeps skipping lunch. And I realize that sometimes I'm the way God answers someone else's what-if.

We can answer that what-if through generous giving, or a meal, a ride, a text, an hour of your time, a prayer. And if you're the one in need right now, receiving help is not a failure. In God's family, receiving belongs too.

Jesus closes with this: *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

Did you hear that word? *Enough.* In a series called Enough, Jesus uses it here, and he's honest. He doesn't promise a life without trouble. Every day will have some. But he also limits it. You only have to carry today.

Jesus knew something about us: we're experts at borrowing trouble. We take a crisis that hasn't happened yet, and maybe never will, and we start carrying it tonight. When we live in tomorrow's what-ifs, we're trying to carry tomorrow's weight with today's grace. But God hasn't given you tomorrow's grace yet. He will. It just isn't due yet. His grace comes the way the manna came, and the way we pray for bread: daily. So whatever tomorrow holds, the grace for it will be there when you get there.

Mini-application: So tonight, think of what you've been carrying that belongs to tomorrow. If there's a plan to make, make it. Then set it down. You can plan for tomorrow. You don't have to carry it. When it shows up and brings worry, answer it:

“That’s tomorrow’s. And God’s grace will guide me. I will continue to seek the Kingdom.”

Transition: Now, if you’re like me, more than once, we’ve wondered: “What if this is the time he doesn’t come through?” That’s exactly the question the gospel answers. Which brings us to the biggest “how much more” of all.

IV. Illustration: The Greatest “How Much More” (~5 min)

Did you notice how Jesus argues in this passage? If God feeds the birds, how much more will he care for you? If God dresses the flowers, how much more will he clothe you? **It’s always: if he does the small thing, how much more the big thing.**

The apostle Paul takes that same logic and points it at the biggest thing of all. In Romans 8 he says that God “did not spare his own Son,” and then he asks, how will he not also “graciously give us all things?” **The ultimate proof of God’s generosity isn’t a bird or a flower. It’s a cross.**

Think about this. The same Jesus who said, “Don’t worry about what you’ll wear,” hung on a cross while soldiers gambled for his clothes. The same Jesus who said, “Don’t worry about what you’ll drink,” cried out from that cross, “I am thirsty.” The Jesus who told us to look at the birds once said that birds have nests, but “the Son of Man has no place to lay his head.”

On the cross, Jesus went without every single thing we’re afraid of going without: clothing, water, home, safety. And then he went without the one thing that matters most. He cried out, “My God, my God, why have you forsaken me?” He lost the nearness of the Father, so that you and I would never have to.

He was treated as if he had no Father, so that you and I could always say, “My Father knows.”

PAUSE.

And Jesus isn’t lecturing worriers from a safe distance. The night before the cross, in the garden, he told his friends, “My soul is overwhelmed with sorrow.” He knows what dread feels like. He felt the weight of tomorrow pressing on him. And what did he do with it? He didn’t pretend. He prayed. He looked up to the Father.

Three days later, the tomb was empty. Which means tomorrow, whatever it holds, already belongs to him. And if God would give his entire life for you, he will not walk away from you. Not when the rent is late. Not when the car is gone. Not when you don’t

know where you'll sleep tonight. He hasn't promised that every hard thing will disappear, but he has promised to be your Father in the middle of it.

[Potential testimony: Connie Blanchard? Someone else?]

V. Challenge (~4 min)

So here's my challenge for you this week. It's simple: **Name your what-if, and answer it with "My Father knows."**

Maybe your what-if is: What if the hours get cut? What if the rent goes up again? What if the car doesn't make it? What if I can never get ahead? Name it. Be honest with God about it. He can handle it. Then answer it: "My Father knows."

Here are some ways to live that out this week:

- **Look up more often.** Every time worry pulls your eyes down to the bills or the bank account, let it be a reminder to look up. Pray one sentence: "Father, you know."
- **Carry only today.** Ask yourself, "What's mine to do today?" Make the phone call. Fill out the form. Ask for the help. Then leave tomorrow with him. Today has enough.
- **Let the family help.** Tell someone. A friend, a small group, our prayer team. Worry grows in the dark and shrinks in community.
- **Look out.** Ask God, "Who near me is carrying a what~~-One more thing, and I say this with a lot of care. For some of you, anxiety is more than a passing worry. It's something you live with every day, maybe something a doctor has a name for. Please hear me: getting help from a counselor or a doctor is not a lack of faith. God gives those gifts too. You are not less spiritual for needing them. And you are not alone.~~if I could help carry?" Then do one thing: a meal, a ride, a gift, a phone call. When you're sure your Father sees you, you're free to see others.

Some of us have been telling ourselves, "I'll trust God with being generous once I have enough." Don't wait for enough to start trusting. Start where you are, with what you have, because your Father already knows.

VI. Response (~4+ min)

Still ideating and praying through the response, but I've asked Pastor Isai to sing "The Lord will provide". If it's possible to have the lyrics, it would be great!