The Weight of Worry and the Freedom of Seeking First

Today's Reading: Matthew 6:25–34 | Audio: Day 4

> *"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."*
>
> — Matthew 6:33 (KJV)

DEVOTIONAL

Jesus spoke these words in the middle of a conversation about worry. He had been talking about food, clothing, and the necessities of life—real needs, daily needs, the things people think about, plan for, and sometimes lose sleep over. Jesus did not pretend those needs were imaginary. He knew people needed food, clothing, and shelter. But He also knew that worry has a way of taking over the heart.

Worry repeats the problem again and again. Worry rehearses the worst-case scenario. Worry magnifies the obstacle until it looks bigger than God. In that way, worry becomes a form of misplaced worship. Whatever we magnify begins to take up space in our hearts, and when we magnify the problem more than the Provider, fear starts to sit on a throne it was never meant to occupy.

That is why Jesus points to the birds and the flowers. He says, in essence, "Look around. The birds are fed. The flowers are clothed. If your Father cares for them, how much more does He care for you?" This is not an invitation to be irresponsible. It is an invitation to trust.

Seeking first the kingdom of God is not a formula for getting everything we want. It is a reordering of our trust. It means we begin with God—before the worry spirals, before the fear takes over, before we make the problem the center of our thoughts. We pause and say, "Lord, You are first. Your kingdom is first. Your righteousness is first. My trust belongs to You."

When God is first, provision finds its proper place. Needs are still real, but they are no longer ruling us. Concerns still exist, but they are no longer crowned as king. The God who feeds the birds has not forgotten your name. The God who clothes the fields has not overlooked your situation. The God who sees what you need before you ask is still faithful.

> **TURN THE WORRY INTO A PRAYER OF SURRENDER**
>
> "Lord, I acknowledge this concern, • but I refuse to give it the throne. • I trust You as my Provider."

DAY 4 • JOURNAL & RESPONSE

REFLECT

1. *What are you currently magnifying more than God in your daily thought life?*

2. *How would your day shift if you sought His kingdom before addressing that concern?*

RESPOND: TODAY'S PRACTICAL STEP

- Each time a worry surfaces today, pause. Take a breath.
- Turn that worry into a short prayer of surrender, out loud if you can.
- Then move forward in faith, one step at a time.

The worry I keep magnifying, and what I am saying to God about it:

PRAY

Lord Jesus, You know every need we carry. You see the concerns that weigh on our hearts. Forgive us for magnifying our worries more than we magnify You. Teach us to seek Your kingdom first. Help us surrender fear and trust Your provision. Remind us that we are seen, known, and cared for by our Father. Let peace rise where worry has been ruling. In Jesus' name, amen.

My own prayer:

REMEMBER THIS

Do not give worry the throne that belongs to God.

Going Deeper: Matthew 6:25–32 • 1 Peter 5:6–7 • Psalm 55:22

This devotional is a tool for reflection, not a substitute for pastoral care or professional counseling. If what surfaces feels too heavy to carry alone, please reach out to a pastor or a trusted, qualified counselor at New Life Tabernacle Carrollwood.