

Watch

While we may have never seen a health crisis like this before, the fear of what our future might look like is nothing new. People have always feared things like bills, food, clothing and water. The basics in life.

In Matthew 6, Jesus reminds his listeners that they don't need to sit up worrying about tomorrow. Look at the rest of God's creation as an example, they don't sit up worrying. There's nothing wrong with planning for tomorrow, but we have no reason to worry about what tomorrow brings. As Christians, we follow the one that holds tomorrow in His hands.

Read

Matthew 6:25-34 & Matthew 7:24-26

React

Why is it so easy for us to worry about the future?

What concerns are you having about your future?

What are practical things that you can do to help remind yourself that God is in control of tomorrow?

How can you plan for the future without worrying about tomorrow?

Reflect & Pray

Think about the concerns that you might be having about your future. After you've spent some time thinking about them, give them to God. Pray that His Spirit would take the weight that you're trying to carry off of your shoulders and give you peace.

Father, we are thankful for your love and kindness. We don't know what our futures hold, but we know the one that holds them. I pray that today; we can give you all the fears and concerns that we might be holding about our futures. Father, give us the strength and the wisdom to do what we need to do today in order to not fear about tomorrow.

Amen