

Don't Worry, Mama

Matthew 6:25-34

Big Idea: Worry tells God "I can't trust You." But if God sacrificed His Son for you, won't He care for every detail of your life? Cast your burdens on Him daily. Don't let anxiety steal today's strength. Trust His sovereign care.

Day 1: God Created You
—He Can Be Trusted

Reading:
Matthew 6:25-27;
Philippians 4:19

When God created you, He didn't abandon you to figure life out alone. The same hands that formed the universe hold every detail of your existence. Has God failed to provide your most basic needs—food, water, shelter? If He's sustained you this far, why doubt Him now? The enemy whispers that you must control everything, but anxiety fractures your soul into competing loyalties. Today, acknowledge that worry is essentially telling God, "I can't trust You." Instead, remember: if God didn't spare His own Son but gave Him up for you, how will He not also graciously give you all things?

Your Heavenly Father knows exactly what you need before you ask.

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Day 2: You Are Valuable
to God

Reading:
Matthew 6:26;
Romans 8:31-32

Look at the birds. They don't plant crops or store food in barns, yet your Heavenly Father feeds them. Are you not of infinitely more value than they? Birds never look worried because they trust their Creator instinctively. Yet we, created in God's image and redeemed by Christ's blood, often live as though we're orphans. God sacrificed what was most precious to Him—His Son—to bring you into His family. If He loved you that much, will He abandon you in smaller matters? When worry creeps in, remember: God is for you. That changes everything. You're not just another creature; you're His beloved child, purchased at the highest price.

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Day 3: Worry
Accomplishes Nothing

Reading:
Matthew 6:27-28;
Philippians 4:6-7

Can worry add a single hour to your life? The answer is no—it actually steals from the life you have now. Anxiety triggers physical responses: elevated heart rate, shallow breathing, weakened immunity, and mental fog. It's like sitting in a rocking chair—lots of motion but no progress. Worse, when believers live in constant anxiety, we become "Christian atheists," claiming faith while living as though God doesn't exist. This damages our witness and robs us of peace. Why pray when you can worry? No—why worry when you can pray? Instead of rehearsing your fears repeatedly, bring them to God repeatedly. Trade meditation on problems for meditation on His promises. Peace isn't found in control but in surrender.

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Day 4: Seek First His Kingdom

Reading:
Matthew 6:28-33;
Psalm 55:22

Consider the lilies—they don't labor or spin thread, yet Solomon in all his glory wasn't dressed like one of them. God clothes the grass that lives today and burns tomorrow.

Won't He clothe you? The issue isn't God's ability but our focus. "Seek first the kingdom of God and His righteousness, and all these things will be added to you." When we lose ourselves in God's purposes, we find true joy. George Mueller cared for thousands of orphans without asking for money, simply praying and trusting God—and witnessed 50,000 answered prayers. We're not all called to Mueller's path, but we're all called to his priority: God's kingdom first. Cast your burden on the Lord.

When His purposes become your passion, provision becomes His problem.

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Day 5: Live One Day
at a Time

Reading:
Matthew 6:34;
1 Peter 5:7

"Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble." Trying to crack open tomorrow before it arrives spoils both today and tomorrow. Worry doesn't empty tomorrow of sorrow; it empties today of strength. Jesus promises to care for you every single day—including tomorrow. Live by faith one day at a time. Practically, this means: acknowledge your worries to God immediately, ask Him to help you trust, invite friends to pray with you, meditate on His past faithfulness, and keep casting your cares on Him. The greatest burden is a soul separated from God. If you haven't trusted Christ as Savior, cry out today: "God, be merciful to me, a sinner." Then walk forward in His sufficient grace—one day at a time.

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