

Do Not Worry, Part 1

Matthew 6:25-34

Halifax: 25 July 2004

Introduction

Almost everyone recognises that worry is a serious problem in our society.

- As a label-loving society, we have categories for all different kinds of worry...
 - There is anxiety, panic, phobias, obsessive compulsive disorder, post-traumatic stress disorder and a whole host of other classifications.
 - Our multi-billion dollar drug industry has attempted to address some of these problems, but studies have not demonstrated any long-term benefits from these drugs...
 - They can and do make a person feel better, but they fail to bring long term benefits to anyone.
 - Dr. Peter Breggin of Harvard Medical School and Dr. David Cohen, who has PhDs from McGill and the Univ. of Cal. at Berkley, in their ground breaking book on Psychiatric Medications stated:
 - “No psychiatric drugs have consistently demonstrated effectiveness in studies lasting more than a few weeks or months.”

Anxiety continues to be the cause of all sorts of social, economic and medical problems.

- A person who is overcome with anxiety is inhibited in his work, has trouble concentrating, loses interest in other people, and is sometimes very irritable toward others, stirring up quarrels and dissension.
 - Families are torn apart, productivity is reduced, unhappiness is increased.
 - Some turn to street drugs or to the bottle to try to escape from the pain of worry and anxiety...
- And worry often causes severe health problems...
 - Dr. Charles Mayo of the famous Mayo Clinic wrote,
 - “Worry affects the circulation, the heart, the glands, and the whole nervous system. I have never met a man or known a man to die of overwork, but I have known a lot who died of worry.”

TRANS> Almost everyone recognises that worry is a serious problem...

- But I want you to recognise that worry is a **far worse problem** than most people realise:

I. Worry is a sin against God.

- A. Sadly, many Christians don't recognise that.
1. Worry is one of many topics that Biblical Counsellor and author Jay Adams has spoken about at Conferences all over the world.
 - a. And when he does,
 - he has often begun his address by explaining that worry is a problem that almost everyone struggles with...
 - Then he says to the audience:
 - "If any of you have ever had a problem with worry, raise your hands."
 - Hands go up all around in an atmosphere of grins and cheerfulness.
 - b. Then he asks a second question:
 - "If you have ever had a problem with adulterous lust, raise your hand."
 - The atmosphere of the room totally changes.
 - People start to shuffle in their seats and a look of fear is seen on the faces of many.
 - Almost no hands go up.
 2. Why is there such a different response?
 - a. Is it not because most Christians know that adulterous lust is a sin?
 - It is something they are ashamed of and embarrassed about...
 - But most do not think that worry is a sin.
 - There is no embarrassment or shame because worry is perfectly accepted.
 - It is a problem, but it is not sinful.
 - That is the way most Christians think, but this is wrong.
 - b. Some think that it is not sinful because they feel like they have no control over it—therefore, they conclude that it is something we are not responsible for...
 - But there are two things wrong with that...
 - First, a person who struggles with adulterous lust often feels like he has no control either, so that is no excuse...
 - It may be a common excuse, but it is not a legitimate one.
 - Secondly, it is not true that we have no control over these things.
 - We are always responsible to God for our actions.

- Nowhere in the Bible is a person excused for not being able to help it when he sins...
- It is true that we can be in bondage to sin,
 - but when we are it in no way excuses our sins
 - It only demonstrates all the more that our hearts are wicked—
 - We are all the more guilty.

B. The truth is that worry is a very serious sin.

1. Jesus strictly prohibits it here.

a. Three times over He says,

- “Do not worry.”
- If Jesus tells you not to do something, and you do it, it is sinful!
- And he tells you here no less than three times!

b. And the first of these is found in verse 25 in response to verse 24!

1) He says, “Therefore, do not worry about your life.”

- But look at what He just finished saying in verse 24:
 - that you can’t serve God and mammon because you will **hate** the one and love the other.
 - When He says “don’t worry about your life,”
 - He is talking about loving mammon and hating God.

2) The word **worry** here basically means “don’t care about it.”

- Sometimes it is used in a positive sense...
 - for example, Paul says of Timothy and His love for the Philippian church:
 - “I have no one like-minded, who will sincerely **care** for your state.”
 - Being concerned about the church was a good kind of worry.
- But in Matthew 6:25, Jesus is talking about anxious care about Mammon...
 - Are you careful about serving God?
 - Or are you careful about your life—what you eat and what you wear.
 - Who is master?

- Do you desire food and clothing that you might serve God...
 - so that you would gladly set them aside if they should get in the way of serving Him...
- Or do you desire God in order that you might have food and clothing...
 - so that you would set God aside if He were to get in the way of your earthly goals?

TRANS> And I say that when you care is for Mammon,

- It is always an anxious care, it is worry that comes when you are serving idols that may easily be taken away instead of God.
2. As a sin, worry falls under the category of covetousness.
- a. At heart, covetousness is a desire to have something that God has neither given to you or authorised you to obtain.
 - 1) It is right and proper for you to desire food or a house if you are willing to obtain it in a way that honours God.
 - If you are willing to grow your food or purchase it, or even obtain it as a gift of charity when you cannot work, that is not covetousness.
 - But if you want something you don't have so badly that you are willing to steal it or cheat for it...
 - then that is a covetous desire.
 - 2) It is a quarrel with God for not giving you your fair portion.
 - A discontentment with His government that stirs up rebellion in you toward Him—
 - You are ready to break out of the boundaries He has set for you to get what you want.
 - Your thought is that He has not given to you all that you need or all that you ought to have—
 - b. Worry is a kind of covetousness because it arises out of this same kind of rebellious desire for things...
 - Only with worry,
 - it is the fear that God might not give you your fair portion or might wrongfully deprive you of what is (in your mind) rightful yours.

- You are afraid that He will take away your job and not give you another one or that you will not be able to get what you want in the future.
 - It is a lack of trust in God as governor!
 - It is a dissatisfaction with His reign.
3. All of this is really nothing but idolatry!
- a. When you worry, you have elevated the things of this world above God...
 - You are worshipping and serving the creature rather than Creator.
 - Your focus is to get and to hold on to things rather than to serve God and please Him.
 - Another way to say it is that your **concern** or your **worry** is for something other than pleasing God.
 - b. Jesus illustrates this with Martha and Mary.
 - Luke 10:38-42: Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. And she had a sister called Mary, who also sat at Jesus' feet and heard His word. But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."
 - Martha was worried about the wrong things and Mary was worried about the right things.
 - That is the way this particular word "worry" is used.
 - It is right to be "worried" about pleasing God!
 - It is wrong to be worried about getting this or getting that.
 - c. So you see then that worry is symptomatic of the idolatry that puts **anything** else in the place of God.
 - At the very heart of worry there is a fundamental rejection of God as God.
 - There is a love of the creature more than the Creator.

TRANS> That is why worry is a serious sin!

- It is the kind of sin that God promises to judge severely.
- When you smile and raise your hand as one who has a problem with worry,
 - you are smiling and raising your hand as one who has a problem with rejecting God as God and serving idols.
 - Worry is no laughing matter, it is a serious sin and you need to see that!

C. But now I am going to tell you how you can laugh again.

1. Christian, you can laugh at the marvellous grace of God that comes to you even though you worry—even though you reject God for idols!

a. You can laugh because it is so absurd that God should show grace to people like us who continue to struggle all our life long with idolatry!

b. You can laugh the way Abraham laughed when Isaac was born!

1) You remember that God had promised Abraham a son by his lawful wife Sarah.

- And that she was way beyond the age of childbearing.

- It seemed that there was no way that they could bring forth the child of promise.

2) But then God caused her to conceive and gave them a son...

- And they named him Isaac, which means laughter!

- They laughed because it was so wildly absurd that God kept His promise to a couple that was dead as far as conceiving a child.

- By this, God was showing them that He was the One that brings salvation to helpless, dead human beings!

- What the law was powerless to do (bring forth spiritual life) God did by sending His Son.

- It is all of His grace that we are saved...

- It is for us to trust in Him.

c. You can laugh, not because worry is a light thing...

- Not because you think that God just overlooks it...

- But you can laugh because you see...

- that even though worry is reprehensible idolatry...

- The grace of Jesus still comes to save us!

- He comes anyway!

- That is the good news!

- Not that sin is small but that grace is big!

2. And you can see in this very passage how His grace shines through!

a. Just look at His words...

1) He comes to us here—yes—forbidding worry—

- but with a fistful of reasons that are designed to move us from worry into confident trust in our heavenly Father.
- It is not with the thunder of Sinah that condemns us to Hell...
 - But it is with the mercy of God that teaches us to look to Him for salvation—despite what we are!
- 2) The marvel is that instead of just condemning us and leaving us to perish as He might have very justly done—
 - The Lord Jesus gives us counsel for change!
 - You don't come to counsel someone about change if they are going to be cut off!
 - But when there is counsel, it means He has come to rescue us.
 - He has come to meet us where we are with a view to bringing us where we ought to be!
 - He speaks to us the One who knew that He was going to redeem us...
 - Who knew that He was going to pay the penalty for all our sins so that we would not be cut off with the wicked.
- 3) There is hope—
 - Not because we are not all that bad...
 - But because the Saviour has come even though we are that bad.
 - He has come to save us and to deliver us from our idolatrous worry.
 - There is no condemnation for those who trust in Him!
- b. And by coming to you to reason with you about worry...
 - Jesus shows that He expects you to make progress in moving from your idolatrous worry to sweet trust in God.
 - He has not cast you off, but He has come to help you!
- 3. When you look at His teaching like this, what a difference it makes!
 - a. It enables you (in a certain way) to be glad when worry comes knocking at your door...
 - You know, when something bad comes along that puts you in the place where you are tempted to worry...
 - 1) When it looks like you might be about to lose your job...

- 2) Or when you find out you have cancer...
 - 3) Or when you don't know how you are going to pay the rent this month.
- b. It enables you to be glad when worry comes knocking because you realise that you have a gracious saviour there to help you.
- 1) The worry is an opportunity for you to apply this wonderful counsel that Jesus gives here!
 - It puts you in exactly the place you need to be in order that you might purge your heart from Mammon and serve God!
 - 2) In other words, as soon as you start to worry, don't run away from Jesus...
 - Run to Him!
 - The worry shows that there is idolatry in your heart...
 - But Jesus shows you how to trust God instead.
 - He has not rejected you, He has come to save you!

Let us now consider the counsel He gives to us worriers.

- I have divided His counsel into six parts.
- We will look at the first three today, and the last three next week, Lord willing.

II. When worry comes knocking, Jesus calls you to consider that your life is more than food and clothing.

- Matthew 6:25: Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?
- A. I remember a conversation I had with a university student who was studying about animal behaviour.
- 1. Knowing me to be a Christian, she began to talk about how humans are no different than animals.
 - a. She explained how animals even exhibit guilt behaviour and shame.
 - As a former pet owner, I knew good and well how my dog would slink around if she had done wrong.
 - b. I surprised this girl by saying,
 - You know, you are quite right...
 - A human being without God is not much different than an animal—
 - they go looking for food for themselves and their young

- they seek shelter and protection from the weather and danger
 - they mate
 - they find security with other animals
- It is very sad that people who reject God have little else to live for...
 - They are really not much different than a cow that is just looking for a better pasture to graze in.

TRANS> See how Jesus' words apply to this:

2. A person who rejects God and pushes Him out of his life is not able to see that "life is more than food and body more than clothing."
 - a. For him, there is really nothing more to live for...
 - 1) If you can find good food and different ways to scratch your back and someone to mate with,
 - If there is safety from harm, shelter from the cold, and protection from predators...
 - what more do you want?
 - 2) Oh sure, you can talk about caring for other people and making a difference in the environment and those noble things...
 - but what for—
 - only so everyone can find good food and different ways to scratch their backs and mate with each other...
 - and be safe from harm and sheltered from the cold...
 - Life is really nothing more than food and clothing when you get to the bottom of it—
 - without God that is!
 - b. But bring God into the picture and everything changes!
 - 1) Now man is understood as a unique creation!
 - Now he is seen as made in the glorious image of God!
 - Now he is seen as put here to worship God and to serve God,
 - to know Him and to delight in Him.
 - Everything is totally different when God is acknowledged!
 - 2) From this perspective, life takes on way more than a mere biological function!
 - There is a unique spiritual purpose that continues forever!

- Christian, you know that you are here for God!
 - You know that your life is more than food and the body than clothing!
 - You are here to glorify and enjoy God.
- B. What a difference it makes when you remember this the next time you start to worry about your food and clothing...
1. When you remember that I have a much higher purpose than eating and finding shelter!—than mere survival!
 - When you can say,
 - a. “Why am I so worried about what I eat and what I wear?”
 - “I am called by Jesus Christ to give thanks for the eternal salvation that He has accomplished in the cross.”
 - “I am called to be renewed in the image of God who created me—
 - to shine as light for Him in this world...
 - to be full of love and wisdom and truth.
 - b. “If I don’t have enough to eat,
 - “How will that keep me from my highest purpose?”
 - “If I am arrested and thrown in prison for my faith,
 - “will my ability to serve God be hindered?”
 - “No! If this is His will for me, my service will be enhanced!”
 - c. “If I am on my deathbed with a terminal illness...
 - “Will that prevent me from knowing my Saviour and praising my God?”
 - “No, it will bring me nearer to Him.”
2. Life is so much more than food and body is so much more than clothing.
 - a. Christian! Remember that next time you start to worry.
 - Remember what your higher purpose is and your worry about lesser things will surely vanish.
 - Food and clothing are not your master, Christ is your master.
 - You have nothing to worry about if serving Him is your single goal.
 - b. I don’t mean to say that you will not still struggle with worry.
 - You will—but the struggle will be good for you...
 - It is painful because you are being weaned from your idolatry,

- It is always hard to have something that has been close to you torn away from your life...
- but it will also be sweet and excellent because you are being torn away in order to come near to God.

TRANS> So then, as soon worry comes knocking at your door, remember this simple truth...

- Your life is more than food and your body more than clothing.

III. Secondly, when worry comes knocking at your door, take a fresh look at God's gracious care of all His creatures.

A. Jesus tells you to learn from the birds how God takes care of His own.

1. Perhaps they were even flying over head when He said:

- Matt 6:26: "Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?"

a. It is remarkable to see how God provides for the birds.

- They do not have a store of food, but go out each day and gather their portion—and each day there is sufficient for them...
 - Even in the winter, it is very rare to see a bird that has starved.
 - Yet, all this without any planting or storing of food on their part.

b. The lesson for us is not that we should stop planting and storing food because that is what God has commanded us to do.

1) When we were created, Adam was put into a garden and even before the fall, commanded to till and keep it.

- Even before the fall, the method by which man would be fed by God was by planting and tending...
 - That is what God appointed for us.
 - It was God who gave us the variety of foods to be cultivated together with the ability to plant and to harvest, to preserve and to prepare our food.

2) And after the fall, God still appointed that we should get our food through labour...

- only now God told Adam that is would be by the sweat of the brow that he would bring forth food—

- **hard** work would be required, hindered by weeds and pests and thorns.
- These troubles should humble us because they remind us of our rebellion in Adam of the curse that has fallen upon us.

TRANS> So you see that the lesson of the birds is not that we should imitate their way of getting food—God has given us our own way...

c. The lesson is that surely if God so faithfully provides for the birds who are also subject to vanity because of the fall,

1) If He so regularly gives them their food when they do not plan or store...

- How much more will He provide for man—
 - the highest creature on earth who alone was made in His image?
 - As Jesus says here, “Are you not of much more value than they?”
 - The point is, this is not something you need to fret about because God is committed to providing for you.

2) Do you remember in the account of Jonah how God raises up the vine to give Jonah shade, and then sends a worm to destroy it?

- Then when Jonah complains, He says:
 - Jonah 4:9-11: Then God said to Jonah, "*Is it* right for you to be angry about the plant?" And he said, "*It is* right for me to be angry, even to death!" But the LORD said, "You have had pity on the plant for which you have not labored, nor made it grow, which came up in a night and perished in a night. And should I not pity Nineveh, that great city, in which are more than one hundred and twenty thousand persons who cannot discern between their right hand and their left—and much livestock?"
 - See how the Lord has compassion on all His words...
 - He has made them, therefore He cares for them.
 - He has made them each for a purpose, and He preserves them to fulfil that purpose.
 - And Jesus reminds you that your purpose is greater than the purpose of the birds!

2. So when worry comes, it is your opportunity to meditate on the tender compassion of your God for all His creatures.

a. He causes his rain to fall on the just and the unjust

- His mercies are upon all His works.
- He feeds them all and none escape His notice.

- b. Clearly there is no need to worry because God is committed to preserving what He has made until it has fulfilled His purpose...
 - If fulfilling His purpose is your whole desire, then there is no room for worry.
 - God is committed and He will do it.
 - What He made, He will uphold.
 - The birds are our teachers.

TRANS> When worry comes, take a fresh look at how He upholds the things that He has made...

- And when you consider His mercy and power...
 - Consider at the same time that you have no power to control what happens to you apart from God.
 - This is the third point that Jesus makes...

IV. When worry knocks, remember that you are only a creature!

A. How easy it is for you to take too much to yourself!

1. When you worry, you act as if it were up to you to feed and clothe yourself—as if it were your responsibility!
 - a. Yet Jesus asks a very simple question to remind you about your limitations.
 - Matthew 6:27: "Which of you by worrying can add one cubit to his stature?
 - Wouldn't the warriors who had to fight with shield and sword have loved it if they could have all added eighteen inches to their stature!
 - But they could not...
 - This could also be translated so as to suggest adding to their life span...
 - But you can't do that either!
 - When your appointed day comes, you will die and that is that!
 - b. When we are faced with either of these challenges (adding to our height or adding days to our life),
 - we are reminded that we are powerless and helpless.
 - You are the creature, God is the Creator.
 - Why are you all worried and agitated about things over which you have no control? Things that are His province!
 - It is absolutely futile for you to worry about such things!

2. Worry is a form of pride because you act as if by worrying you can somehow figure out a way to change the final outcome!
 - a. You need to be put in your place!
 - Yes, God has given the means and the ability to make clothes...
 - And yes, it is your responsibility to clothe yourself...
 - But it is His responsibility to provide you with the means.
 - b. Jesus goes on to remind you that all this is clearly in God's hands because He has given the flowers clothing that requires no labour on their part...
 - Yet clothing that far surpasses the most excellent clothing man can produce.
 - Look at what He says in verse 28 and 29:
 - Matthew 6:28-29: "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these.
 - These flowers do nothing but grow!
 - There they are, again and again, year after year, even though no human planted them.
 - And they are able to produce the finest clothes without any agency but that of God.
 - c. You simply are not able to do what God can do, nor can you do anything but what He gives you the ability to do.
 - You must remember that whatever ability and success you have is only what He gives you.
 - You can worry and fret and carry on, but in the end, He is the one who decides the outcome.
 - It is for you to carry out your calling and trust Him.
 - You are to labour and He is to give the increase.
 - d. When you worry, you suppose that God is somehow not able or not willing to do His part.
 - Yet, Jesus says:
 - Matthew 6:30: "Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith?"
- 1) This is similar to the argument we saw about food...

- You are of more value than the flowers that only endure for a season...
- 2) Do not concern yourself with what He does as if He is not going to do it,
- Concern yourself with what He has called you to do.
 - If He bothers to take care of a flower that is only there for a season, will He not much more take care of you?
3. Yet, there is a challenge for us at this point, isn't there?
- a. We know that we are indeed fallen and that death has been appointed for us.
- We know that people **do** starve and that storms **do** come and destroy crops and sickness comes and brings death.
 - Therefore, is there not good reason to worry when we see the storm clouds gathering or when the plane we are flying on seems to be having trouble?
 - The storm may very well cause damage...
 - And the plane may indeed crash!
- b. Indeed this is a challenge for us.
- The point of Jesus is not that we should close our eyes and pretend that we do not see death and famine...
 - The point is that God is in charge of feeding us and clothing us and that He is well able to do it if He wants to.
 - It is our responsibility to sow and reap and gather into barns...
 - to toil and spin and produce our clothing and shelter...
 - But is it is not for us to worry about the outcome of all these projects...
 - We are to take responsible precautions...
 - But we are to leave it to our Father to determine the final success.
 - We can't affect the outcome—that is in His hands.
 - It is God who causes the seeds to grow and the fruit to come, not us.
 - We are not subject to the blind forces of nature, but are in the hand of our heavenly Father who governs all the world and preserves all His creatures for His own purpose.
 - When it suits His purpose is to clothe us with beauty, He will and we ought to give thanks.
 - When it suits Him to cloth us with rags, we ought to serve Him in our rages and continue to give thanks.

- Worry comes when we try to take all this on ourselves!
 - When we act as if there is no plan of wisdom and no hand guiding our affairs...
 - When we think that things are just happening at random.
 - But if our plane starts to go down and we know that God is in total control,
 - we can rest in confidence that our times are in His hand.
 - If it is our day to die, that is for Him to decide...
 - If not, He will keep us alive.
- c. Perhaps the apostle expresses this trusting attitude as well as anyone when he said to the Philippians:
- Phil 4:10-13: But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.
 - Paul so trusted in the Lord that He honestly didn't care what his condition in this world might be—
 - He was simply not worried about...
 - He was here to serve and God would give him what was best.
 - He put his circumstances of life in God's hands and focused his own attention on what He was called to do,
 - not what God was responsible to do!
 - How much time is wasted and mental energy mis-directed by worry!
 - Don't take on yourself what belongs to God!
 - You can't even add one cubit to your stature!
 - Concentrate on your calling and leave that to God.

Conclusion:

So we have seen three things this morning that Jesus teaches us to do when worry comes knocking at our door...

- First, we should remember that there is much more to life than what we are worried about—more than food and clothing.
- Secondly, we should consider God's gracious care for all the creatures that He has made... If He provides food for the birds, surely He will provide for us.

- Thirdly, we should remember our own weakness to do anything without God... worry can accomplish nothing.

These are three very good reasons that you should not worry...

- But do not any of you pretend that you have eradicated worry from your life.
- As long as you are in this world, you will still have your idols...
 - Who among you can say that you have entirely forsaken the world and perfectly trust in Christ to do with you as He will?
 - We are a work in process and as long as you live, you will find worry knocking at your door when you see trouble coming!
 - Make the most of the opportunity to purge your life of idolatry by applying Christ's instruction in this passage.

The Lord's Supper reminds you of the grace and provision of the Lord Jesus Christ!

- Without Him, you would be utterly condemned for your idolatry...
- There would be no need for His gracious instruction because there would be nothing you could do to erase the stain of the sin...
 - But Christ was crucified in order to take away that sin!
 - And now He calls you to come to Him and be cleansed by that sacrifice...
 - And He calls you to come and be nourished up by Him into a new life that characterised by comfortable trust in your Heavenly Father instead of anxiety about your idols.
 - You see, worry comes when you are serving the idols of this world because they can so easily be taken away...
 - But there is no worry when you are reconciled to God and serve Him alone because He can never be taken away.
 - It is Jesus who cleanses you and then takes you by the hand and leads you to the Father.

Let us then rise and call on His name in prayer!

Gracious Father,

- We come to you in Jesus name,
 - begging you to deliver us from all our idols about which we so easily fret.
- We confess that we deserve your wrath and judgement to fall on us today,
 - But we praise you that Jesus comes to us in our ruined sinful estate to rescue us.
 - We praise you that by His shed blood, all our sins are forgiven and we are free to begin to serve you again...

- We praise you that by His Spirit, we are enabled to receive His word—even His counsel to us about worry—and make it a part of our lives.
 - Help us to see that we are saved in spite of our idolatrous worry...
 - not because it is a small sin,
 - but because Jesus is a great Saviour!

Help us to carry His name to our neighbours and to all the nations of the world.

- We pray that your gospel would go forth with power in our homes as we teach our children.
- We pray that your gospel would go forth with power from our congregation and that many people in our city would come to hear your word proclaimed.
- We pray that your gospel would go forth with power on the mission fields all over the world—
 - We pray especially for Gerry Mynders in Surinam, for David Galletta in Russia, and for Scott Moore in Mexico.
 - Oh Lord, change the face of the world through your Son!
 - Change our Nation
 - Change our congregation
 - Change our homes
 - Change our hearts
 - Make us a people who glorify your name.

And no Lord we want to bring to you our daily needs.

- We look to you to feed us as you feed the birds of the air and to clothe us as you clothe the flowers of the field.
- Do according to your will that we might serve you best and enjoy you most.
 - We submit ourselves to your wisdom for our estates, our health, our relationships, our governing authorities in this nation....
 - Do according to Your will and grant us rest in it.
 - We pray this especially for those who are suffering and for those at whose door worry is now knocking.
 - We thank you for how you have graciously provided for us and cared for us up until this day.

And now grant us your blessing as we prepare to come to the Lord's Table and place our souls in the care of Jesus whose blood was shed for us and whose Spirit fills us.

In the Name of the Father, and the Son, and the Holy Spirit,

Amen.