

“God’s Solution for Worry”

The Lord’s Prayer Part 3

Matthew 6:11

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God’s solution for worry is to...

A. Depend on Him to meet our needs. (Matthew 6:25-34)

“Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds...

Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The ten best-dressed men and women in the country look shabby alongside them. If God gives such attention to the appearance of wildflowers—most of which are never even seen—don't you think he'll attend to you, take pride in you, do his best for you? What I'm trying to do here is to get you to relax, to not be so preoccupied with *getting*, so you can respond to God's *giving*. People who don't know God and the way he works fuss over these things, but you know both God and how he works.”

Matthew 6:26, 28-32

The Message

B. Depend on Him to meet our needs.

**C. Depend on Him to meet our needs daily.
(Exodus 16:1-4, 11-21; John 6:31-35;
Lamentations 3:22-24)**

“The petition ‘Give us this day our daily bread’ has a very simple yet understandable truth. We live from day to day, we eat from day to day, because we have needs from day to day. So when you pray ‘Give us this day’ you are telling the Father you will walk with Him one day at a time.

The phrase ‘this day’ stresses daily patience that should characterize your life. Think of those who are stressed out with anxiety because they face the problems of tomorrow, before tomorrow comes. Is it not true that most of the problems you worry about never happen? So Jesus gives us a beautiful way to live. When you pray for bread for ‘this day’, you are telling God that you intend to live just one day at a time.

When you pray for bread for ‘this day’, you are expressing ultimate confidence in God. You are recognizing that He is your Father, and you are His child.”

Elmer L. Towns, *Praying the Lord's Prayer
for Spiritual Breakthrough*, Regal Books,
Ventura, CA, 1997, p. 132-133.