

A hummingbird with iridescent green and blue feathers is shown in profile, hovering and facing right. Its long, thin beak is positioned just above a cluster of yellow and orange tubular flowers. The background is a soft, out-of-focus green. The text "Do Not Worry" is overlaid in white, centered horizontally and partially overlapping the bird's body.

# Do Not Worry

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“Therefore I say to you, do not worry about your life...”  
– Matthew 6:25

# Worldly Anxieties

“Man spends most of his life waiting for and seeking pleasure and in the fear of present and future pain. This is the fruit of the passions and unceasing manifestation of the passions in us. These periods of waiting and of fear produce care in us. But even in the moments when we do no longer have the actual consciousness that we are waiting for pleasure or expecting pain, we work for the certainty of pleasure and for the avoidance of some unspecified future pain.”  
(Fr. Dimitru Staniloae)

# 1. Earthly treasures are futile

- “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal...” (Matt. 6:19)
- “For where your treasure is, there your heart will be also.” (Matt. 6:21)

A close-up photograph of a hand holding a scroll. The scroll is made of aged, yellowish paper and has the words "YOUR Treasure" written on it in a dark, serif font. The word "YOUR" is in a smaller, all-caps font, and "Treasure" is in a larger, all-caps font. A horizontal line is drawn under the word "Treasure". The background shows the texture of a brown leather book cover with a metal clasp and a hand holding the scroll from the right side.

YOUR  
Treasure



## 2. The lamp of the body is the eye

- “The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness.” (Matt. 6:22-23)
- “If therefore the light that is in you is darkness, how great is that darkness!” (Matt. 6:23)
- Consider the 9<sup>th</sup> Plague of Darkness



# The Plague of Darkness

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- “Nothing was shining through to them except a dreadful, self-kindled fire, and in terror they deemed the things that they saw to be worse than that unseen appearance... Whether there came a whistling wind, or a melodious sound of birds in wide-spreading branches, or the rhythm of violently rushing water, or the harsh crash of rocks hurled down, or the unseen running of leaping animals, or the sound of the most savage roaring beasts, or an echo thrown back from a hollow of the mountains, it paralyzed them with terror. For the whole world was illumined with brilliant light, and went about its work unhindered, while over those people alone heavy night was spread, an image of the darkness that was destined to receive them; but still heavier than darkness were they to themselves.” (Wis. 17:6,18-21)



# Sts. Paul and Silas

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- “But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.” (Acts 16:25)





### 3. Pursuing possessions enslaves us

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“No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.” (Matt. 6:24)

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*“Now Jesus calls mammon here “a master,” not because of its own nature but on account of the wretchedness of those who bow themselves beneath it. So also he calls the stomach a god, not from the dignity of such a mistress but from the wretchedness of those enslaved.” (St. John Chrysostom)*

# How not to worry?

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# 1. We are valuable to God and He is faithful

- "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?  
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?"  
(Matt. 6:25-26)



## 2. Worrying cannot add to us

- “Which of you by worrying can add one cubit to his stature?” (Matt. 6:27)





### 3. God loves to make things beautiful

- “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these. 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?” (Matt. 6:28-30)







## 4. Seek His Kingdom and Righteousness

- “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” (Matt. 6:33)