

# Jesus says...

## WEEK 9 | WORRY | MATTHEW 6:25-34

### Inspection – “What does it say?”

What four things are we not to worry about in our lives?  
What lessons do we learn by looking at the flowers of the field?  
How do pagans live?  
What two things are we to seek first in our lives?  
What does each day bring into our lives?

### Observation – “What does it mean?”

How do we know the difference between what we need and what we want?  
In what ways are people more valuable than the birds of the air?  
In what way is trouble of value in the life of the believer?  
In what ways do people trust in “barns” and not in God?  
In what ways does worry stunt your growth physically and spiritually?

### Life Application – “What does it mean for me?”

Spend time this week bird and flower watching.  
Make a list of your worries and take them to God in prayer.  
Practice a 1 Timothy 4:8 approach to your daily routine.  
Try going to bed an hour earlier.  
Try cutting your social media and news intake in half.

### Meditation – “What does God say?”

Isaiah 41:10

Psalms 23:4

Psalms 27:1

Psalms 46:1-3

Psalms 118:6

Isaiah 41:13

Luke 12:32

Luke 12:7

## Supplication: What Can We Meditate?

### Upon A Snail

She goes but softly, but she goeth sure,  
She stumbles not, as stronger creatures do.  
Her journey's shorter, so she may endure  
Better than they which do much farther go.  
She makes no noise, but stilly seizeth on  
The flower or herb appointed for her food,  
The which she quietly doth feed upon  
While others range and glare, but find no good.  
And though she doth but very softly go,  
However, 'tis not fast nor slow, but sure;  
And certainly they that do travel so,  
The prize they do aim at they do procure.

Comparison.

Although they seem not much to stir, less go,  
For Christ that hunger, or from wrath that flee,  
Yet what they seek for quickly they come to,  
Though it doth seem the farthest off to be.  
One act of faith doth bring them to that flower  
They so long for, that they may eat and live,  
Which, to attain, is not in others' power,  
Though for it a king's ransom they would give.  
Then let none faint, nor be at all dismayed  
That life by Christ do seek, they shall not fail  
To have it; let them nothing be afraid;  
The herb and flower are eaten by the snail.

### John Bunyan (1628-1688)

"Upon A Snail" by John Bunyan is a poem comparing the humble snail's slow but steady progress to the unwavering faith of the Christian. The snail's journey is safe, quiet, and enduring, unlike stronger creatures who may stumble. It represents the believer's journey toward salvation, quietly pursuing nourishment from God while others may seek satisfaction in vain.