Matt 6:24-34

**DO NOT BE ANXIOUS**

Freedom from anxiety is the result of three attitudes.

We are free from anxiety when what we have we receive as a gift; when what we have is to be cared for by God; and when what we have is available to others.

But if we believe we have got what we have by our own efforts; and if we believe we must hold on to what we have for ourselves; and if what we have is not available to others, then we live in anxiety.

*Receive what you have as a gift from God.*

We work, but we know it isn't our work that gives us what we have. We live on God's gifts even when it comes to daily bread. We depend on God for the simplest elements of life: air, water, light, and for food, clothing and shelter.

What we have is not the result of our labour merely. It comes from God's generous care for us. It doesn't take much of a mishap to show us how dependent we are on God for everything.

*It's God's business, not ours, to care for what we have.*

God is well able to protect what we possess. We can trust him.

Does that mean that we should never take the keys out of the car? Of course not. We are expected to observe normal precautions. But if we believe it is merely our precaution that protects us and our goods, we will be riddled with anxiety. There is no such thing as fail‑safe precaution, whether we are trying to safeguard our possessions, or our reputation, or our employment. Trust God to safeguard these and everything else.

*Make your goods available to others.*

We cling to our possessions selfishly rather than share them because we are anxious about tomorrow. But if we believe that God is who Jesus says he is, then we needn't fear for the future.

When we see God as the almighty Creator and our loving Father, we can share with others because we know that God will care for us, as he has done up till now.

If someone is in need, we are free to help them. Ordinary prudence will set the limits of our sharing and save us from foolishness.

When we are seeking first the kingdom of God, these three attitudes will guide our lives. If we develop them together, we'll not be anxious.

We have Jesus’ word that when we live like this, all those things that are necessary for abundant living will be ours as well.

After the Lord’s Prayer in the Eucharist, we pray: “Lord, in your mercy ... protect us from all anxiety as we wait in joyful hope for the coming of our Saviour, Jesus Christ. For the kingdom, the power, and the glory are yours, now and for ever.”