

He Offers an Alternative to Worry

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Passage

"But seek first His kingdom and His righteousness,
and all these things will
be given to you as well."
- Matthew 6:33

Jesus knows our worries: food, clothing, tomorrow's needs.
He doesn't dismiss them, but He exposes their futility.
"Who of you by worrying can
add a single hour to his life?"
(Matt.
6:27).

Worry is like sitting in a rocking
chair-lots of motion, but no forward progress.

Instead of wasting time and energy
on what doesn't move us forward,
Jesus gives an alternative: seek the kingdom.
The Greek word for seek is zeteo.
It doesn't mean "consider" or "think about."
It means to actively pursue, to strive
after, to chase with focus and effort.
And the verb tense is present imperative-Jesus
is commanding His followers to keep on seeking,
continually, as a way of life.

Think of a runner pursuing the finish line.
Every stride, every breath, every ounce of energy
is aimed at one goal.
That's what Jesus means when He says seek the kingdom.
It's not passive.
It's not occasional.
It's a daily pursuit that shapes
our thoughts, choices, and relationships.

So how do we seek the kingdom?

- Trust instead of worry.
- Talk to Him in prayer.
- Follow His way in choices.
- Do what's right with people.
- Think long-term-invest in what lasts, not just what fades.
- Seek Jesus in the Gospels-listen to His words, watch His actions, let His life shape yours.

You may not know this about Jesus:
when He told people not to worry,
He wasn't just giving stress-management tips.
He was teaching that worry competes with trust.
To let go of worry is to worship-to
declare that God is in charge.
This is how we seek the kingdom of God.
And this is how we receive His promised provision.

Where am I spending energy in "rocking
chair" worry, and how can I
redirect it to actively seeking Jesus?

Each time I catch myself spiraling in worry,
I'll remember: this doesn't move me forward.
Jesus offers a better use of my energy-seeking
His kingdom like a runner chasing the finish
line, and meeting Him in the Gospels.

Father, thank You for exposing
the futility of worry and offering
me a better way.
Teach me to seek
Your kingdom in my thoughts, choices, and relationships.
Help me let go of worry
and worship You with trust.
You've proven Your love;
I rest in Your promised provision today.