

30 Days of Prayer

Day 3

Matthew 6:25-34

25 'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And can any of you by worrying add a single hour to your span of life? ²⁸And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? ³¹Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" ³²For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. ³³But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

34 'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.'

God who provides for the birds of the air and the grass of the field,

I have spent too much time holding on to my worries. My fears and anxieties have become so familiar, I'm not sure I even want to or know how to let them go. But my fear is preventing me from fully trusting in you and your promises, Lord. I know in my head that you have provided for the birds of the air and the lilies of the field, but my heart is reluctant to believe those promises are for me. So I come before you today, placing in your hands all the fears that prevent me from turning to you... *(take all the time you need to give to God your fears and anxieties).*

As a community of faith we have also failed to put our trust in you. We have come to a place where we can no longer solve our problems by using our own heads. We must turn to you, because only your divine wisdom can guide us now. We recognize that our country's and community's crises have compelled us to turn to you, and we recognize the blessing that these struggles have been for us. Because of our struggles, we will grow deeper in faith, and our relationship with you will be strengthened. I recognize blessings that you have given to me already... *(take all the time you need to name the blessings God has given you).*
In the name of Christ,

Amen.