

# One Body Initiative: Week Eleven – Care for Creation

September 6, 2020

**Scripture:** [Matthew 6:25-34](#)

<sup>25</sup> “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life<sup>[a]</sup>?

<sup>28</sup> “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

## Seven Reasons Not to Worry

Matt 6:25	The same God who created life in you can be trusted with the details of your life.
Matt 6:26	Worrying about the future hampers your efforts for today
Matt 6:27	Worrying is more harmful than helpful
Matt 6:28-30	God does not ignore those who depend on him
Matt 6:31-32	Worrying shows a lack of faith in and understanding of God
Matt 6:33	Worrying keeps us from the real challenges that God wants us to pursue
Matt 6:34	Living on day at a time keeps us from being consumed with worry

## Other Scripture:

Care for People:

- John 13: 34-35

- Phil 4:19
- Matt 22:36-40

Care for Living Things:

- Prov 12:10
- Psalm 104:10-18, 27-29
- Duet 20:19-20

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**Questions for Reflection:**

- What are ways that you have experienced God's care for you?
- Have you noticed the ways that animals are able to live in the moment? What are some of the anxieties that distract you from being present to each moment?
- What are some of your experiences of wonder through encounters with creation?
- Have you experienced moments of harmony with creation? Have you experienced moments of dis-harmony with creation? How have they related to encounter with God?
- What are ways that you would like to see our UP community better care for creation?
- What are ways that you would like to develop your care for creation?