

Notes for Matthew 6:31-34

Hebrew & Greek pronunciation spelled phonetically

Psalm 37:25 – *I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread.*

Philippians 4:19 – *And my God will supply every need of yours according to his riches in glory in Christ Jesus.*

In Exodus 16:2-12, faced with hunger in the wilderness, the Israelites grumbled against Moses and Aaron, wishing they had died back in Egypt. In response to their complaining, the Lord told Moses He would miraculously provide both meat and bread from heaven. This demonstration of divine provision was meant to prove to the people that God can be trusted to provide.

Numbers 11:4-6 – *Now the rabble that was among them had a strong craving. And the people of Israel also wept again and said, “Oh that we had meat to eat! 5 We remember the fish we ate in Egypt that cost nothing, the cucumbers, the melons, the leeks, the onions, and the garlic. 6 But now our strength is dried up, and there is nothing at all but this manna to look at.”*

Your internal dialogue directly dictates your real-world outcomes. While positive self-talk actively lessens stress and builds the confidence needed to succeed, negative worrying triggers more anxiety and guarantees failure. Control your mind to control your performance, or your doubts will create a self-fulfilling prophecy.

“Litany Against Fear” (From Frank Herbert’s *Dune* paraphrased for Believers)
I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me (and give it to God) ... Where the fear has gone there will be nothing. Only (God) will remain.

Historically and today, a Gentile is broadly defined as anyone who is not a Jew. The label often carries a negative connotation. This distinction is also used by religious groups like Mormons to describe those outside their own faith.

The Greek verb translated as “seek” is *zeteo* (zee-TAY-oh). It means a forceful, deliberate, and earnest pursuit rather than a passive wish. The cartoon character Wile. E. Coyote’s pursuit of the Roadrunner is an example of that type of seek.

Matthew 6:11 – *Give us this day our daily bread*

Psalm 23:1 – *The Lord is my shepherd; I shall not want.*

Matthew 7:9-11 – *Or which one of you, if his son asks him for bread, will give him a stone? 10 Or if he asks for a fish, will give him a serpent? 11 If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!*

In 1 Kings 17:8-16 God commands the prophet Elijah to go to Zarephath, where a destitute widow is instructed to feed him. Although she only has enough flour and oil left for a single final meal before she and her son starve, she obeys Elijah's request to share her food. Through a miraculous act of faith, her limited supplies never run out, providing enough food for them throughout the entire famine.

In Ruth 2:1-17, Ruth faithfully and courageously gleaned in the barley fields to support her mother-in-law, Naomi, and providentially lands in the field owned by a wealthy relative, Boaz. Boaz is used by God to generously provide for Ruth by granting her protection, inviting her to eat with his workers, and intentionally commanding his laborers to leave extra grain for her to harvest.

Matthew 6:21 – *For where your treasure is, there your heart will be also*

Colossians 3:1-4 – *If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth. 3 For you have died, and your life is hidden with Christ in God. 4 When Christ who is your life appears, then you also will appear with him in glory.*

Romans 14:17 – *For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.*

In 1 Kings 3:5-14 When God offers to grant King Solomon any wish in a dream, the young ruler humbly asks for an understanding heart to govern his people rather than wealth or long life. God is so pleased by this selfless request that He grants Solomon unmatched wisdom along with the unrequested riches and honor

Luke 10:38-42 – *And a woman named Martha welcomed him into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40 But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” 41 But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.*

Lamentations 3:22-23 – *The steadfast love of the Lord never ceases; his mercies never come to an end; 23 they are new every morning; great is your faithfulness*

Deuteronomy 33:25 – *Your bars shall be iron and bronze, and as your days, so shall your strength be.*

In Exodus 16:16-21 God commanded the Israelites to gather an omer (about two quarts) of manna per person each day, ensuring everyone had exactly what they needed. He also instructed them to eat it all that same day, as any portion saved overnight would spoil, breed worms, and rot

In 2 Corinthians 12:7-10 When the Apostle Paul pleaded for God to remove a persistent hardship ("a thorn in the flesh"), God responded that His grace is sufficient. Paul then realized that embracing his own weaknesses allows the power of Christ to shine completely through him

John 3:16 – *For God so loved the world He gave His only begotten Son.*

Fear *must* be brought under the Lordship of Christ. Like earthly treasures, desires of the flesh and other instruments of Satan, fear must not be allowed to rule us. We have *one* true ruler: Jesus Christ. Our Savior. Our Lord.

