

Pentecost 2C

Matthew 6:25-34 – Your Father Knows!

June 19, 2022 Pastor Pufahl

For those fellow fathers out there (and I suppose all parents), I am not going to tell you anything new. As much as you think that you are not going to worry about your children...you still worry. Worry starts with your children the day you find out that you are going to have a child. Is the child going to be healthy? Are there going to be any complications? Is he going to be normal...well, as normal as my offspring could be?

Then the day arrives...time to go to the hospital to meet your child for the first time...time for the birth...and your worries continue. Is it going to be a good birth? Is mom going to be healthy? Is baby going to be ok? You start to bargain with yourself... "As long as the birth goes fine, and everyone is healthy...then I will stop worrying." Yeah right, that is just the start of the worries. Will we get home safely from the hospital? Will I latch the car seat correctly? And those first few nights are rough on the worrisome nerves too. Will the baby ever stop crying? Will the baby ever be happy? Finally, you get your child to stop crying. There is silence in the room. Now you will get sleep...until you start thinking to yourself...in all this silence...are they still breathing? Are they ok? So, you get up to check...and not just once...but many times those first nights.

Yeah, worry, worry, worry! None of us are new to worry. It is part of our lives. We worry about everything. We know that people tell us...just take a deep breath...everything is going to be fine. And we hope they are right. We would like to have our worries just melt away from us because we do not like to worry.

How many people here today would like to learn how to worry more, or feel your life would be better if you just worried more? None? Whether you know worry as an occasional visitor or a constant companion, whether you find it to be mildly uncomfortable or intensely painful, or whether you experience worry as a slight distraction or as a force that completely immobilizes you, we all would like to worry less.

And yet, worry is something that is on the minds of everyone. We worry about so many things. How will the job interview go? How will the housing market change when I want to buy or sell? Are these gas prices EVER going to stop rising?! Am I going to make this birdie putt? Our lives are full of worry. Think about high school for a moment...talk about worry! Are people going to like me? Will I break up before prom? Will I make the correct decision when it comes to which college to attend and what I want to do with my life?

What is the number one thing that you worry about in your life? Is it a thing, or a person? Is it your family? Your job? Your money and investments? We have so many things to worry about in this world. How long will I live? Where will I live? Should I get married? Should I move? Worry, worry, worry!

And yet, what does Jesus say: **“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? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’³² For the pagans run after all these things, and your heavenly Father knows that you need them.³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”**

But why do we worry? Why is it that we worry about things that we cannot control? I suppose that is one of the reasons. We do not like it when we cannot control something in our lives. Stocks market instability, problems in Ukraine causing our gas prices and well, basically ALL things we need to buy, to rise. Again, things we cannot control. Even when driving – we are in complete control of our car, but what about the other people on the road!? Worry, worry, worry!

We worry because our future seems uncertain. We do not know what future problems we will have, so we worry. We worry because we have seen this so many times in our lives – bad things do happen to good people! Worry, worry, worry!

Paul in the lesson from Philippians also told us not to worry, but instead to REJOICE! But, our lives are full of hardships that cause us not to want to rejoice. They are not only things that happen to us on this earth but can also be the thought of past sins. We are constantly haunted by the sins we committed when we were younger and the ones we commit today. So, what can we do about this? We know what we deserve. We know what should come our way. We know that God should be angry with us. We know we deserve his punishment. Worry, worry, worry!

So, what can we do? Well, think about this text from Matthew. Jesus has been talking with his disciples and many others. This section is part of a greater section known as the Sermon on the Mount. He knew that, not only did his disciples and all those people need to hear these words, but we need to hear these words...**DO NOT WORRY**. How did he know this? Because we all worry. He could see exactly what was happening in the hearts of these disciples. He was talking to them and called them something: **You of little faith**. In order to not worry, we need to be able to trust. Jesus' hearers, which includes us, have a problem with trust. But at the heart of worry is a lack of trust or a lack of faith. And a lack of trust in God is sin. Yes, they were not to worry, but Jesus told them they were to trust. Because **Your Father Knows!** He knows the needs you have so **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? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'** ³²**For the pagans run after all these things, and your heavenly Father knows that you need them.** ³³**But seek first his kingdom and his righteousness, and all these things will be given to you as well.** ³⁴**Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."**

No, it is not always easy for us to do either. Worry is almost a part of us...as much as breathing. We worry because we don't know what tomorrow brings, what is around the corner, what is waiting for us in the dark. We don't know what our future holds and the only thing we can do about that is...worry about it.

Well, there is a reason why God is able to say to us, **Don't Worry**. The reason is because he already knows what tomorrow brings. Did you notice what Jesus said...Your Heavenly Father Knows. Your heavenly father knows that you need clothes. He knows that you need food. And not only does he know you need them...but he is the one who will provide those needs for you. Do you remember what the Old Testament lesson said? **"Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!"** ¹⁶**See, I have engraved you on the palms of my hands."** That is how much he cares for us.

On this Father's Day weekend, I am sure you can ask any father what he would like for his children and you probably would get the same answer. He wants what's best for his children. A loving father cares about his kids, their health and wellbeing. A loving father would give anything to help his children.

I am here today to tell you that your Heavenly Father loves you more than any earthly father could love his children. And yeah, I know, it is so much easier if we have proof of this love and this care. How do we know? How do we know that our Father knows? How can we be sure that he will be there for us? How does our Father know? Well, look at what our Father has done. It seems so clear, yet we need to be reminded every day, just like the disciples. They worried. They were unsure. They wanted proof. They wanted to be reminded that their Father Knows their needs too. The proof was in the speaker of our text. You want to know how much our Father knows our needs? Just look who is speaking...it is Jesus. Our Father knows us so well that he knows our greatest need was not clothes to wear or food to eat or water to drink. He knows us so well that he knows our greatest need was to take care of the one thing which was killing us, the one thing that should force us to our knees in worry...our sin. So, what did our Father who knows us do? He gave us Jesus. And Jesus took care of that need for us. Jesus picks us up off our knees of worry and shows us that our sins are gone, for good. He gives us life through his death.

Yes, our Father knows...he knows exactly what we needed. We needed a Savior...and, he gave us that Savior. Now that he has taken care of the one need which was killing us, how much more will he take care of all our other needs? How do we know? Because, as Jesus said, Your Father Knows! Amen.