

Take No Thought For Things Outside Of Your Control

Eighth Invitation from Our Savior

- 25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?
- 26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?
- 27 Which of you by taking thought can add one cubit unto his stature?
- 28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:
- 29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.
- 30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, *shall he* not much more *clothe* you, O ye of little faith?
- 31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?
- 32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

(Matthew 6:25-32)

Application Exercise

It is of no small consequence that in Matthew 6:29, Jesus references “Solomon in all his glory.” The book of Proverbs in the Old Testament is frequently quoted in the New Testament and contains many parables, sayings, and poems, some of which were written by Solomon. The verses listed in the balance of Proverbs 3 help us better appreciate what we should trust in the Lord for with all of our heart.

Response Key: 1 = Never 2 = Sometimes 3 = Often 4 = Almost Always 5 = Always

___ I avoid evil and strive to honor the Lord in humility (see Proverbs 3:7-8).

___ I am generous to others with my substance, and with the first fruits of all my increase (see Proverbs 3:9-10).

___ I do not despise my trials neither am I weary of His correction because I know the Lord loveth whom He correcteth (see Proverbs 3:11-12).

___ I experience joy in learning and in developing a greater understanding of eternal truths (see Proverbs 3:13-22).

___ I am not afraid when I lie down at night, and my sleep is “sweet” because of my confidence in the Lord (see Proverbs 3:23-26).

___ I do not withhold from others that which is due them nor do I delay helping my neighbor when I have what they need (see Proverbs 3:27-29).

___ I am kind to my neighbor and strive to do no harm (see Proverbs 3:29-30).

___ I do not envy my oppressor(s) nor do unto others as they do (see Proverbs 3:31).

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____ I am as righteous as I can be in private as I appear to be in public (see Proverbs 3:32-35).

Our ability to trust in the Lord with all of our heart and lean not unto our own understanding is easier when we are living with the above qualities in our lives. Review your responses and where you rated yourself the lowest study what is holding you back then develop a personal improvement plan to turn an area of weakness into a strength. (see Ether 12:27 to be reminded of how the Lord gives us weaknesses that they may become strengths.)
