

Eighth Invitation from Our Savior



TAKE NO THOUGHT *for things* OUTSIDE YOUR CONTROL

- 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 today 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

In the tenth warning found in Matthew 6:24, Jesus tells us that we cannot serve two masters at one time. In this eighth invitation, He is telling us to “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?” (Matthew 6:25).

Our Savior is concerned about the welfare of our souls as He teaches us in modern-day scripture, “Remember the worth of souls is great in the sight of God; For, behold, the Lord your Redeemer suffered death in the flesh; wherefore he suffered the pain of all men, that all men might repent and come unto him. And he hath risen again from the dead, that he might bring all men unto him, on conditions of repentance. And how great is his joy in the soul that repenteth!” (Doctrine and Covenants 18:10-13).

His joy in us is full when we repent and put aside the things of the world to follow Him. In this eighth invitation to a more excellent way, everyday Jesus is showing us how He cares for us and watches over us by admonishing us to “Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? ... for your heavenly Father knoweth that ye have need of these things” (Matthew 6:31-32).

Our Heavenly Father knows all things that we need, yet where would our growth and development come from if we were given everything we asked for? We walk by faith when we ask for help.

We move beyond being “O ye of little faith” (Matthew 6:30) when we stop thinking about or worry about those things outside of our control. My favorite Proverb is, “Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.” (Proverbs 3:5-6)

This is an often quoted scripture, yet how we trust in the Lord with all our heart is often skipped by failing to study the balance of Proverbs 3 (see Proverbs 3:7-35).

Our Heavenly Father does know all things that we need; it is up to us to trust in Him if we are to receive of His glory.

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).

___ 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.)