

“Can all your worries add a single moment to your life?”

Luke 12:25 NLT

[lectio] // LUKE 12:22-34

Worry is an actionable behavior, it's just not a productive one. It feels productive because it activates all the same systems in our body that actual work or physical exercise does - except it's all in our head. And, there's nowhere for all those cool hormones and synapses to go, so it just kills us slowly. And Jesus connects worry to two things I really like to do: Eat food and not be naked in public! “And don't be concerned about what to eat and what to drink. Don't worry about such things. These things dominate the thoughts of unbelievers all over the world, but your Father already knows your needs.” Then he goes on to tell his followers about possessions and storing up treasure in heaven. Jesus, do you know what it's like to live in Orange County? Where South Coast Plaza and Newport Harbor is known for food, clothes and yachts around the world. I think he knows where we live...

[oratio]

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

I don't know that I worry about my next meal or next pair of sneakers. I am well provided for and my stomach size is proof. I do worry though. I worry about others who struggle, have depression, lose their job, want to buy a house, or have a child. I worry about their anxiety, sadness and purpose. I need to pray MORE than worry. I need to trust that you can provide much better than my worry (which does not help them). So I will pray and I will trust.

[contemplatio]

rest in the presence of God, allowing the words revealed to take root