

# WHAT SHALL WE EAT? WHAT SHALL WE DRINK?

## (Sermon Summary)

Chris Hand

Sunday Morning, 18<sup>th</sup> September 2022

**Reading: Matthew 6:25-34. (v6:31)**

Harvest has not been suspended during this time of mourning! Seasons stop for no man, including monarchs. God is to be remembered and thanked, whatever else we have on our minds. And neither has the cost-of-living crisis been suspended due to the death of the Queen.

### **1. But we need to eat, don't we?**

Our Lord's words here are not reckless, thoughtless, and loveless. He is not being unrealistic or asking the impossible of us in the things He says in this passage. It is not an unrealistic piety, ignoring the very real needs of the body. Paul tells us that we normally are not neglectful of the body (Ephesians 5:29). There are times when we might fast for spiritual reasons. But it is not telling us to give up shopping, planning and cooking meals.

Our Lord Himself showed He was not above our everyday world and our needs. John 21: 5-12 shows Him getting breakfast ready for the hungry disciples. We see His awareness of the needs of people in Matthew 15:32-33. He repeatedly tells us that our heavenly Father knows what we need (Matthew 6:8, 32). The Lord feeds the birds so He will most certainly feed us (v26). He clothes the grass of the field and so He will most certainly clothe us (v30).

### **2. But we don't need to worry.**

In both v31 and v34 the Lord instructs us not to worry. The way we ask, 'What shall we eat? What shall we drink?' shows a level of anxiety and concern the Lord would want us to dispense with. We are pre-occupied and absorbed with these things. It is as though we are saying, 'I am on my own. It is all up to me.' We are acting as though we are in an inhospitable and merciless world with nature out-of-control and a law unto itself. We can feel that all people are merciless and cruel, that we have no friends anywhere. Perhaps some of the talk of climate change reinforces this feeling.

But this is all God's world over which He is sovereign. In the present cost-of-living crisis, we may need to work harder and longer. We may need to economise on our fuel bills. There is such a thing as famine, whether man-made through war or naturally occurring.

But we need to guard against getting obsessed about the things of this life, as if there was no God and we were all on our own. We should not be always fretting and getting anxious. Because then God is not meaningfully in our thoughts. We have forgotten Him and are not trusting in Him. Lurking in the background is fear.

### **3. Seeking God first.**

This is what we are told in v33.

Who is the God we should seek?

He is sovereign. He is over all things, including the natural world (See Psalm 147:7-9, 15-18). He commands and controls all things. He makes the sun to shine and the rain to fall. He establishes the laws, and He is able to change them, alter them, and completely suspend them, if He wills.

He is our heavenly Father (v26, v32). Being in heaven speaks about His authority and power. Being a Father speaks about His love and care. We go to Him and cry "Abba, Father!" We go to Him with our needs. He cares for the birds, so He surely cares for us. He knows what we need today and what we will need in the future. He enables us to make better decisions than we could possibly have realized. He connects with our lives thoughtfully, generously, and kindly.

We are to pray. We are right to ask for our daily bread from Him. But as we ask for practical everyday things, we are to pray too for the greater things to do with His kingdom and His righteousness, how to live and enjoy His favour.

As we seek Him, He is able to give us surprising help that shows us that He really does know our needs and cares for us.