



FROM THE ASSISTANT CHAPLAIN

My two little girls (1 and 3 year old's) have never gone a day without food or clothing, yet they have never been to the shops and bought anything for themselves.

It is easy for me to tell them to not worry. Why? Because as their Dad, I am responsible for them; I am responsible for providing for their needs. It is not for them to worry about where their food comes from. That is my job. But what about us parents? Are we to worry?

In the book of Matthew, Jesus tells his listeners not to worry.

Matthew 6:25-32

25 "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?"

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life?

28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What

shall we wear?' 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.

Just as I provide for my little girls needs, we have a Heavenly Father who tell us not to worry because He provides for our every need. We tell our kids to not worry and we genuinely mean it. We have a God who tells us to not worry and he genuinely means it.

How great is our Heavenly Father!

Mr Matthew Richards
Assistant Chaplain
