

### 3 TAKE NO THOUGHT

*Matthew 6:25 (KJV) 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?*

*Matthew 10:19 (KJV) But when they deliver you up, take no thought how or what ye shall speak: for it shall be given you in that same hour what ye shall speak.*

'Taking no thought' describes the life of trust and dependence. It is used in *Matthew 6* with reference to the necessities of life, and in *Matthew 10* to the exigencies of life. But the basic principle behind the life that takes no thought and is free from worry is the same.

What does it mean to take thought? It is taking matters into your own hands and allowing it to fill the mind till it dominates the whole mental landscape. It is to be pre-occupied and obsessed with a thing to such a degree that it hampers the ability to perform. These matters may be mundane and trivial worries, scruples, or anxieties about life's necessities. It is amazing how many of us live the greater part of our lives on no higher mental plane than the interminable round of daily existence. Taking thought can also mean panic in life's emergencies. The essential element in both worry and panic is an inordinate fear of inability to cope. In one it is a nagging fear, in the other it is a numbing fear. These are negative patterns of thought which can be changed so that one does not have to habitually and instinctively react by thinking this way. One can choose to not worry or panic by thinking about right things in the right way. *"Whatsoever things are honest...just...pure...lovely...of good report; if there be any virtue, and if there be any praise, think on these things"* (*Philippians 4:8 KJV*). To take no thought requires an inward dependence on God and an outward detachment from things.

Another recurring phrase is *"it shall be given you"* (*Matthew 7:7 and 10:19*). The One who gives is the Father who knows. The antidote to anxiety is a childlike trust and dependence on God our Father. Ask with assurance that the Father who knows will also give what is needed. We can afford to take our eyes and hands off because of the integrity and reliability of Him whose Word is truth.

In *Matthew 10:19*, *"in that same hour"* means just at the right time, the critical moment. No effort of mine to ensure that everything will proceed according to plan can conjure such confidence as this simple trust that the Father knows and works perfectly. What can be more secure and satisfying than knowing that He provides just what you need, when you need it? Three applications of this to exigencies are described: when betrayed (v21), when hated (v22), and when persecuted (v23). In each case, the way to handle it is to take no thought. The moment you allow yourself to dwell on the situation or person, you will either be infuriated or intimidated by the sheer unreasonableness.

Taking no thought means more than being disinterested or carefree so often conveyed in the expressions 'why worry' or 'no worries'. It involves replacing troubling thoughts over lesser things with uplifting thoughts of higher things – *"Set your minds on things above, not on things on the earth"* (*Colossians 3:2*).