

# Short & Sweet: Worry or Seek?

## by Mary Kane



Nourishment and  
refreshment for the  
soul.

*“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Matthew 6: 31-33*

In the verse above, we are given two directives—do not worry and seek first. In the original Greek, *worry* descends from the Greek root word *meros*. *Meros* and its derivatives mean, “to be anxious, to care, to promote one’s own interests, to be cut into pieces.” Worry diverts our focus to the future so we miss life in the present. Worry also contaminates every other facet of life; *cutting* out our joy and stealing our peace. Thankfully, God gives us an alternative to worry.

Seeking. Seeking His kingdom.

What thoughts come to mind when you think of the word *seek*? Looking ... searching ... finding. The previous words make up a small part of the Greek definition of *seek*. Interestingly, *zeteo*, the Greek word for *seek* means, “to seek i.e. require,

to enquire into, demand, to seek [in order to find out] by thinking, meditating, reasoning." Seeking and worrying have a point of commonality; they both occupy the mind.

We have a two choices: We can be consumed *by* worry or be consumed *with* God. Which will you choose? You better think about it.

### Action Points:

1. According to our verse, what causes worry?
2. What do you tend to worry about? Replace worry with consistent continuous prayer.
3. Is worry getting in the way of your relationship with God?
4. What does a God-seeking life look like?
5. How can you become a God seeker?

Life is sweet.

*Mary Kane*