

# Finding the right outlook on the future in biblical readings

[Philosophy](#), [Personal Philosophy](#)



In the NIV, Matthew 6: 34 says, “.. do not worry about tomorrow, for tomorrow will worry about itself..” This reminds me of how parents tell their children not to focus on what other kids are doing, but to focus on what they are supposed to be doing. The minds of adults are susceptible to this kind of thing, as well. How easy, you might even say natural, it is for us to be concerned about a day other than the one we are presently living in. Short-term and long-term planning, notwithstanding, our attention needs to be on today, not tomorrow. I am just as guilty of this behavior as anyone, and I don't think worry is a trivial thing in the eyes of God. I get the feeling Jesus isn't so much making a suggestion not to fret (this alone might fall on deaf ears) as He is encouraging us (by presenting evidence of God's faithfulness) to trust in Him. Being a mind thing, it takes a conscious effort on our part (prayer and meditation on God's word) to make this adjustment. I pray that God helps me to learn to fix my attention on the matters at hand, today.

On the topic of being present, much emphasis is being placed on this today, in the church and in the world. That is good. People are striving to live authentic lives, and authenticity requires living in the moment. After all, this moment really is the only moment we can live in. Our bodies are there, but what about our minds? Jesus clearly lived an authentic life; nothing spurious about his dealings with others. He lived every day of his 33 years to the fullest. John 21: 25 tells us Jesus did so much in his abbreviated time on Earth that the whole world would not be big enough to store a complete written record of his activity. I digress. Anyway, I believe the only way He could have done this is by always being present. Jesus could not have, in

good faith, told others not to worry about tomorrow unless He, himself, did not worry about the future. May we strive to follow His example.

I think there is a reason why anxiety and depression are typically discussed in tandem. Jesus' exhortation to us to not worry about tomorrow could be, in part, a way to save us from the resulting depression it can bring into our lives. In my life, I have struggled with these two things more than I care to acknowledge. Oftentimes, this seems to occur when I neglect to give the word of God adequate room in my heart. His promises fall to the wayside, and I forget about His faithfulness to me in all things, good and bad. Substituting worry about tomorrow with thankfulness for His kindness to me today has been helpful.

Anxiety and worry do seem to be the prevailing state of affairs in our world, and maybe this has always been the case to some degree. I find it somewhat troubling that most attempts to resolve this dilemma have very little to do with addressing the root of the problem – the recognition of our need for God, and His word. Apart from Him, other methods and means of relief can only provide us with modest gains in our quality of living. Only when we turn to Jesus and allow Him to carry our burdens can we find the lasting peace that is so elusive in this life.