



Sunday 8th February 2026

The Second Sunday before Lent

Gospel Reading

Matthew 6.25-34

Do Not Worry

‘Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. 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? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

Other Readings: Genesis 1.1 - 2.3

Psalm 136 or Psalm 136.1-9,23-26

Romans 8.18-25

Homily

I don’t know when was the last time you were worried about something? Some of our worries can be fairly trivial. For example, the writer of this homily is worried that Arsenal will bottle it yet again and miss out on winning the Premier League title for the fourth season in a row. Other worries carry greater significance. We worry about money, health, our children, our future, and whether we are enough for the lives we are trying to hold together.

In our reading from the Gospel of Matthew, Jesus puts forward those elements that we can spend a great deal of our time worrying over: food; drink; clothing; all those daily necessities. I believe this matters because those things tell us that worry is not a sign of weakness or lack of faith – it is part of being human in a fragile world. Jesus doesn’t ignore our concerns. Instead he responds with an invitation, that is an invitation to see their worries in a new light.

Jesus asks a question, “Is not life more than food, and the body more than clothing?” We live in a consumer culture today and for a lot of people *shopping* has become a form of worship. Money, possessions and clothes are the new Holy Trinity. The prophets are advertisers and reality TV stars, and it is our job to become more and more like them.

Jesus reminds us that we are worth a great deal more than anything we can own or anything we can wear. He is saying that if you want to know peace the answer isn’t having more and more, it’s understanding that your value as a person doesn’t rest in anything as temporary as possessions. Worry, Jesus says, cannot add a single hour to our lives. In fact, it often takes life away, robbing us of sleep, joy, and peace in the present moment.

Jesus then names the deeper issue beneath our worries. When we run after security the way the world does, fear becomes our constant companion. But when we seek first the kingdom of God, our lives are reshaped. This does not mean our problems disappear. It means we are no longer defined by them. We learn to trust that God sees our needs and remains present in the midst of them.

Finally, Jesus speaks about tomorrow: “Do not worry about tomorrow, for tomorrow will worry about itself.” Each day can carry its own stresses and worries but the good news for us is that God provides grace one day at a time. Worry pulls us into a future we cannot control, while faith calls us back to the present where God already is.

Our reading today does not cast shame upon us for worrying. Instead, the invitation is to bring our worries into the presence of a God who knows our needs and calls us his beloved children. The invitation is a simple to understand, but not easy to accept: to live one day at a time, trusting that the God who gave us life will, through his Spirit, continue to draw close to us. Through that trust, worry begins to loosen its grip, and peace finds room to grow.

Conversation Questions

1. How do the images of birds and the lilies challenge the way you think about God’s care for you?
2. How might ‘striving for the kingdom of God’ practically change the way you respond to worry on a daily basis?
3. Is there anything else from the passage not already discussed that speaks to you? What is it?
4. What will you do this week in your Monday-to-Saturday ministry in response to what you have heard today? #everydayfaith

Prayer

Spend some time in prayer, responding to what you have heard today and listening to what God might be saying to you.

Collect of the day

*Almighty God,
you have created the heavens and the earth
and made us in your own image:
teach us to discern your hand in all your works
and your likeness in all your children;
through Jesus Christ our Son our Lord,
who with you and the Holy Spirit reigns supreme over all things,
now and for ever.*

(or)

*Almighty God,
give us reverence for all creation
and respect for every person,
that we may mirror your likeness
in Jesus Christ our Lord.*

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