



KINGDOM FELLOWSHIP AME

# DANIEL FAST

## 21 DAY DEVOTIONAL

### READ

DAY  
04

**Matthew 6:31-33** *“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” (NLT)*

### REFLECT

Don’t worry? But there’s so many things to worry about...I get it. When confronted with circumstances that we do not understand it’s just human nature to try and figure things out. We typically ask “Why, God, why?” or want to know “When, God, when?” It’s during these times that one of the best things we can do is to trust God. When we trust God, we have to get comfortable with not knowing everything. Jesus underscores all throughout his ministry that three things are of utmost importance: loving God with all our heart, loving our neighbor, and seeking after the Kingdom of God. In doing these things, everything else will fall into place. It’s a matter of priority; seeking first things first. Jesus’ simple message for us is “don’t worry.” Why? Because as children of the Creator and Sustainer of all, we can trust that God knows just what we need!

### RESPOND

**How much time in your day is spent on worrying rather than investing time in building your relationship with Jesus?**