***Matthew 6:31-33 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33But seek first the kingdom of God and His righteousness, and all these things shall be added to you.***

Worry – what a waste of time… Yet, an almost universally shared characteristic of life. Certainly, every human being has had times of concern, times of planning, but Jesus saw something in His disciples, both the ones that were with Him and the ones who would follow through the centuries, that He prompted Him to give this commandment – do not worry. In Las Vegas, the gambling games that bring the greatest profits are machines known as “One Armed Bandits”. People put in a quarter and pull the handle, watching the spinning images, never knowing what will appear in the little windows. When they lose, they put in another quarter. Worry is much like this – we put in our time and energy and, when that which we worry after doesn’t happen, we put in more time and energy and pull the handle again. Jesus says – stop it!

 Last week, we looked at Exodus 3:14. God said to Moses – I Am That I Am. We realized that this could also be translated, “I Am Who I Am”, “I will become Who I become”, “I will Be that which I will Be”. He could have given any of the names He’s known by in scripture, but He chose to say I Am That I Am. Consider this. God was telling Moses, as He tells us this moment, ***I Am Sufficient*** – I will be a parting of the Red Sea, I will be water from the rock, I will be quail in the desert, I will be manna from heaven, I will be the same on the mountain as I Am in the valley. I will deliver you from the large pursuing armies and cause your small sandals not to wear out. I Am sufficient from the big to the small! Moses, standing before the burning bush, was instructed to lead. His mind went to – why would they follow me? God’s mind already saw a cloud by day and pillar of fire by night. 40 years to complete an 11-day journey. Moses could have worried all day and all night and never thought to ask, “What about the Red Sea Lord?”

 Many of us have no issue believing that God is Supreme, but we struggle when it comes to believing He is Sufficient. Worry comes when we doubt His Sufficiency. Verse 31 Jesus says - *“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’*These days, we may not worry about food, water, and clothing, but be assured - We worry. About children, jobs, money, houses, health, parents… the list goes on and on. *Therefore do not worry*. In Luke 12, Jesus says – Do not worry about your life. In Luke 12:29 we read - *And do not seek what you should eat or what you should drink, nor have an anxious mind.* An anxious mind – a doubtful mind, feeding the slot machine of worry, pulling the handle and watching as, what we worry about seldom appears.

 Verse 32 is a Sufficiency Statement in the same line with I Am That I Am - *For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.* God knows our needs. God didn’t ask Moses to be sure to ask for the right things and worry that he has forgotten or failed to foresee something. God said I will Be what I will Be. When we come to the Red Sea, we must fear not. When the people murmur in their tents, we fear not. Oh, what could happen in the church, in ministry, in our individual lives if we embraced the sufficiency of All Mighty God? If our prayers centered on gratefulness for His Provision and faithfulness to His Promises, the church would be turning the world upside down. But our prayers more often center on worry than on worship. God knows our hearts – He knows where our child is, what is coming in the job, how the enemy is conniving. He says – I Am that I Am child – do you believe?

 Verse 33 *But seek first the kingdom of God and His righteousness, and all these things shall be added to you.* Seek first – such an interesting Greek word – ***zeteo –*** having the idea of Worship – But Worship, acknowledge, seek in prayer first the Kingdom of God and His righteousness. In Matthew 6:9-10 Jesus teaches us to pray *Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven.* Sounds an awful lot like seeking the Kingdom First. Then in Verse 11 Jesus says - *Give us this day our daily bread.* Seek first the Kingdom and His purpose. God is Sufficient to add the rest to you.

 Moses followed – not knowing the Red Sea, Plagues, and Wilderness Wanderings lay ahead. He trusted in the I Am That I Am. He didn’t demand to understand it all in order to take the first step. This week, let us seek after God and the true meaning of I Am That I Am. Let us see His Supremacy and His Sufficiency. Let us believe He is already on the move and no weapon formed against us will prosper. If you have a Red Sea looming in your life, believe He will part it. *Therefore do not worry, be not anxious of mind* – He is Master of all Creation, intimately aware of every need. He brings peace to stormy oceans. He can bring that same peace to you and me.