

Bible Verse (NIV):

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” - Matthew 6:34

What Did Jesus Mean?

In this verse from the **Sermon on the Mount**, Jesus addresses a common human issue: anxiety about the future. He reminds His followers not to carry the burden of tomorrow today. God created us to live *one day at a time*—trusting Him for our needs daily, not all at once.

This is also reflected in the **Lord’s Prayer**:

“Give us today our daily bread.” - Matthew 6:11 (NIV)

Jesus did not teach us to ask for our “yearly bread” or “monthly provision.” Why? Because God’s design is for us to walk with Him *daily*,

depending on His mercy and provision every single day.

Theology Behind This Teaching

God’s Grace is Daily, Not Bulk-Delivered

God provides grace sufficient for each day.

“Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning...” –
Lamentations 3:22-23 (NIV)

This means today’s grace is meant for today’s challenges—tomorrow’s grace will come *tomorrow*.

Worry Distracts from God’s Presence

Jesus warns that worry divides our attention.

“Can any one of you by worrying add a single hour to your life?” – Matthew 6:27 (NIV)

Worry pulls us away from living fully in the now and trusting in the One who holds the future.

Trouble is Inevitable—But Not to be Multiplied

Jesus acknowledges that *each day* comes with its own difficulties—spiritual battles, temptations, and life’s burdens. When we try to carry tomorrow’s weight today, we pile up stress and open ourselves to spiritual discouragement or sin.

This aligns with 1 Corinthians 10:13 (NIV):

“God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out...”

In other words, God provides strength in proportion to what you face—one moment, one trial, one day at a time.

Practical Takeaway

Jesus is encouraging *present-moment faith*. When you start worrying excessively about the future, you’re trying to live outside the grace God has given you for *today*. That leads to anxiety, burnout, and weakened faith.

Instead, face today’s battles with today’s strength. Trust that God, who was faithful yesterday and is faithful today, will *also be faithful tomorrow*.

Share this message of peace and hope with others.

If you want help to accept Jesus Christ into your life—or to grow deeper in your faith—feel free to contact us through the information below.

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May the Lord bless you and keep you strong, one day at a time

Understanding Matthew 6:34 – “Each Day Has Enough Trouble of Its Own”

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