

# BREATHE: Hold It

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## Matthew 6:25-34

25“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? 26 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? 27 And can any of you by worrying add a single hour to your span of life? 28 And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not clothed like one of these. 30 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? 31 Therefore, do not worry, saying, ‘What will

we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ 32 For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. 33 But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. 34“So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

## REFLECT & DISCUSS

1. Read the passage slowly. Then take a deep breath and read it again. What word, phrase, or image stands out to you?
2. What are the things you worry about—whether big or small?
3. What have you found that helps you when you get worried, anxious, or frightened?
4. Between every inhale and exhale is an “automatic pause” - even though it is subtle and usually imperceptible. See if you can notice this brief pause. Have you ever noticed it before or previously done a breathing practice that draws your attention to this pause?
5. This teaching of Jesus invites us into a subtle but important “pause” as well: pausing our efforts to acquire more stuff or

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expend more energy. Why is this “spiritual calm” so important and yet so difficult?

6. What does it mean to strive first for God’s kingdom? In what ways are building and participating in a caring community a part of this striving?
7. How might we find all we really need when we strive first for God’s kingdom?