

Take-Home · Session 2

Consider the Lilies · Matthew 6:25-34

WHAT WE FOUND

The word Jesus uses six times in ten verses, *merimnao*, "be anxious," is often linked to a root meaning to divide, which gives us the picture we used: a self pulled to pieces across imagined tomorrows. He builds his command not on "the danger is small" but on the Father's character: birds fed, lilies clothed, "your heavenly Father knows that you need them all" (v. 32). We found the old curriculum behind it: manna given one day at a time, "that I may prove them" (Ex 16:4), and hoarded manna breeding worms; daily dependence was the lesson, and "give us this day our daily bread" still is. We found Martha, "anxious and troubled about many things" while serving Jesus dinner, and heard him re-center rather than scold her: "one thing is needful" (Luke 10:41-42). And verse 34 showed us Jesus is a realist: "Let the day's own trouble be sufficient for the day." Trouble is assumed. The invitation is to meet it one day at a time, with a Father, instead of all at once, alone.

VOICES OF THE CHURCH

St. John Chrysostom (Homilies on Matthew, in substance): Christ forbids anxiety, not work. Labor continues; even the birds go out to gather what God provides. What is forbidden is the gnawing care that acts as if there were no Father.

St. Thérèse of Lisieux (Story of a Soul, in substance): her "little way" is the lived form of the trust this verse names. Holiness for the little is not achieving security but surrendering into arms that already hold.

St. Alphonsus Liguori (Uniformity with God's Will, in substance): peace comes from receiving the present moment from the Father's hand: today's trouble, today's grace, and tomorrow left in the hands that hold it.

LIVE IT THIS WEEK

- **Manna rule.** Each morning, ask the Father for what today actually requires, by name; leave tomorrow's list for tomorrow.
- **Consider the lilies, literally.** Ten unhurried minutes outdoors with verse 26 or 28. Let the sermon's visual aids work.
- **Keep the nightly sentence going.**

Memory verse: "But seek first his kingdom and his righteousness, and all these things shall be yours as well." (Matthew 6:33)

Before next session: read Psalm 42 and Psalm 43, slowly, out loud if you can.

Catechism this week: CCC 302-305; CCC 322; CCC 2830 and 2834.

This study walks alongside professional care; it never replaces it.