**Trust the Lord Who Provides**

Based on [Mark 8:1-9](https://biblia.com/books/esv/Mk8.1-9)  
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Seventh Sunday after Trinity

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Today’s gospel gives us a twofold promise, that our Lord Jesus Christ provides both bread for the soul in the teaching of the Word, as well as bread for the body to sustain us in this life.

It is the account of Jesus feeding the 4000. He had been teaching the crowd for three days, feeding their soul with his word, and now their bellies were hungry**. He was concerned they were going to faint on their way home, had compassion on them, and multiplied seven loaves and some fish into enough food to feed them all**. And more. There were seven baskets full of leftovers. Once they were fed, he sent them away.

Jesus does what he teaches. In the sermon on the mount he said, ““Do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. 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 which of you by being anxious can add a single hour to his span of life?[[a](https://www.biblegateway.com/passage/?search=Matthew+6%3A25-34&version=ESV#fen-ESV-23310a)] **28**And why are you anxious 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 arrayed like one of these. **30**But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? **31**Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32**For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. **33**But seek first the kingdom of God and his righteousness, and all these things will be added to you.”

Jesus is no hypocrite, he does what he says. He says, seek ye first the kingdom of God, and your food, clothing, and shelter will be added to you**. And these people, they seek his teaching--like starving men seeking bread--and he provides**. He teaches them for three days, and for three days they forget about food, or the need to have it in the end. All they know is that this man is teaching the word of God, and they need to walk in the light while it is day.

When you attend a wedding reception, you sit down politely and listen to a handful of speeches, or more, from parents and the wedding party. Sometimes they are short and to the point, other times they last a very long time, but one thing you can be sure of, is that you will be fed afterward. This is likely why they don’t feed the guests first.

How much more of a proper and thoughtful host is the Lord Jesus Christ. **He doesn’t have you sit through a series of anecdotes and “you had to be there” stories.** He doesn’t talk about how he feels, so that others have to get us and speak the same words of gratitude. He teaches realities, truths that you can hang your hat on, about the way the world works by the hand of his Father, about how his heavenly father thinks of you, and orders all things. And when he’s finished preaching, do you think he sends you away without help for this life? The meal comes after the speech.

Strictly speaking, that’s not true. God gives daily bread to all, even to evil people because he loves the world. **But he makes this promise also, those who first seek out and hear his word, meditate on it day and night, hold it more important than their life, will be provided for.** So what reason do you have to be anxious?

There are many teachers in Christianity and in popular psychology and counseling today that write books and give advice about overcoming stress and anxiety**. And they do it in this way, by trying to boost your self confidence, and self esteem.** Look in the mirror and say, “I am strong, I am worthy, I am able to do what I need to do.”

Other people seek to overcome anxiety by fitting into the world, or joining some group of like minded people who mutually affirm each other all the time.

The common denominator here is that human beings are searching for something they can trust**. Self-help gurus cleverly teach you to trust in yourself, which ironically you must trust them first to trust yourself. Other groups and institutions teach you to trust in them, in the consensu**s of people who think like you.

What people miss is that you don’t trust in other people for their sake…you trust in them for your own. If you trust the government, and they break their promise, yeah that’s horrible of them, but you chose to put your trust in them**. They said “trust me” but nobody can make you trust them. You trust certain people, books, groups, ideas not because they make you, but because you want somebody and something to find your rest in.** But the word of the lord has said long ago, “Put not your trust in princes.” You are 100% responsible and accountable for who you put your trust in, because you are the one who stands to gain from placing your trust in something or someone reliable. That’s what we call an “investment”, a good word for trust, which is simply faith.

Living a life without trust is…hard, impossible. Many people only trust themselves and what they have…they are more deceived than anybody. **Death could come and take everything and undo all their preparations in a moment. Here’s the thing: whatever you put your trust in, that is your god…and if your god has failed in the past even once, your trust cannot be strong.** And if your trust is weak, you are anxious, or you should be. Anxiety is the same thing as a weak trust. And for those whose trust is in the world, I don’t blame their anxiety, because the world is only worthy of weak trust. A strong trust in the world is foolish. Trust is only as strong as what it trusts in. The world is full of earthquakes, famines, wars, pestilences, evil men and wicked ways. But the Lord is a mighty fortress and a bulwark never failing, whoever trusts in him will never be put to shame.

So God is the one in whom you can trust. **He will never lie to you or deceive you. He will never tell you what you want to hear if it’s not what you need to hear.** What he says is, come to me, and I will give you rest. Trust in me, and all will be taken care of. It might not go the way you want it to, but listen to me, obey my words and know that all things work for the good of those who love me. O what blessed rest, what an eternal Sabbath to know that the creator of heaven and earth has got your back, and whoever comes to him he will never cast out.

So I say to you who have been anxious, how many of you, if your worst earthly fears came true, would be destitute? **Who among you, when you worry about this or that worldly thing, if your worries prove true would starve to death, or be left naked on the street.** Not one of you. I know, because I wouldn’t leave you there, neither would anyone else in the pews around you. You spend many hours worrying about things for no good reason. God takes care of you. And if you lose your job, you’ll get another. If things go bad you won’t starve. And if you spend time in God’s Word, he will not grudge you for it any good thing.

So the simple message here is that 4000 people were so caught up in the teaching of Jesus that they didn’t make provisions to feed themselves. Jesus didn’t rebuke them, or call them irresponsible. **He had compassion on them and fed them. Who among you, who has a child that didn’t do their chores because they were listening to you teach them, would send them to bed without supper?** God feeds everyone, even evil people, but for you who trust in the Lord, you can rest not only with a full belly, but a spirit at peace. A spirit that can finally trust in something that will not change or prove false, a trust in the Lord.

Your heavenly Father provides for you, and wants all good things for you. **He may take things away from you that you don’t want to give up at the time, trust him.** He may give you things you don’t want to deal with, trust him. Commend your spirit to His Spirit. Delight in the Lord, and he will give you the desires of your heart (Psalm 34:7).