

Matthew 6:25-34 (New International Version)

Do Not Worry

²⁵"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?"

²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

²⁷Who of you by worrying can add a single hour to his life?"

²⁸"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.

²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?"

³¹So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

³²For the pagans run after all these things, and your heavenly Father knows that you need them.

³³But seek first his kingdom and his righteousness, and all these things will be given to you as well.

³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.