**Matthew 6:25-34**

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.