

Matthew 6:25-34

New Revised Standard Version Updated Edition

Do Not Worry

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or what you will drink,^[a] 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 which of you by worrying can add a single hour to your span of life?^[b] 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 seek all these things, and indeed your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God^[c] and his^[d] 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.

Footnotes

1. [6.25](#) Other ancient authorities lack *or what you will drink*
2. [6.27](#) Or *add one cubit to your height*
3. [6.33](#) Other ancient authorities lack *of God*
4. [6.33](#) Or *its*