

# Why Do You Worry?

## KJV Matthew 6

**6:25** Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

**26** Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

**27** Which of you by taking thought can add one cubit unto his stature?

**28** And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

**29** And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

**30** Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

**31** Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

**32** (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

**33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

**34** Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

## NLT Matthew 6

**6:25** “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?”

**26** Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are?

**27** Can all your worries add a single moment to your life?

**28** And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing,

**29** yet Solomon in all his glory was not dressed as beautifully as they are.

**30** And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

**31** So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’

**32** These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.

**33** Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

**34** So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”