

From the book of Matthew in the Bible
Matthew 6, verses 25-34 (International Children's Bible)



Jesus said:

²⁵ “So I tell you, don’t worry about the food you need to live. And don’t worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes. ²⁶ Look at the birds in the air. They don’t plant or harvest or store food in barns. But your heavenly Father feeds the birds. And you know that you are worth much more than the birds. ²⁷ You cannot add any time to your life by worrying about it.

²⁸ “And why do you worry about clothes? Look at the flowers in the field. See how they grow. They don’t work or make clothes for themselves. ²⁹ But I tell you that even Solomon with his riches was not dressed as beautifully as one of these flowers. ³⁰ God clothes the grass in the field like that. The grass is living today, but tomorrow it is thrown into the fire to be burned. So you can be even more sure that God will clothe you. Don’t have so little faith! ³¹ Don’t worry and say, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ ³² All the people who don’t know God keep trying to get these things. And your Father in heaven knows that you need them. ³³ The thing you should want most is God’s kingdom and doing what God wants. Then all these other things you need will be given to you. ³⁴ So don’t worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries.