
DAILY READING

2025 NEW TESTAMENT READING

MATTHEW 5:27-48

SUNDAY SCHOOL READING PLAN

MATTHEW 6:25-34

THE CURE FOR ANXIETY

6 ²⁵ “Therefore I tell you: Don’t worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn’t life more than food and the body more than clothing? ²⁶ Consider the birds of the sky: They don’t sow or reap or gather into barns, yet your heavenly Father feeds them. Aren’t you worth more than they? ²⁷ Can any of you add one moment to his life span by worrying? ²⁸ And why do you worry about clothes? Observe how the wildflowers of the field grow: They don’t labor or spin thread. ²⁹ Yet I tell you that not even Solomon in all his splendor was adorned like one of these. ³⁰ If that’s how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won’t he do much more for you—you of little faith? ³¹ So don’t worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ ³² For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. ³³ But seek first the kingdom of God and his righteousness, and all these things will be provided for you. ³⁴ Therefore don’t worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.