

## Matthew 6.25-33

**Jesus:** 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 than food, and the body more than clothes?

**Person 1:** But food's pretty important, isn't it? There are lots of people in the world who can't help worrying about whether they'll have enough to feed the family. And other people worry about food in a different way - they know that they're over-eating but they don't know how to stop. Food seems like one of those things that's beyond our control sometimes.

**Jesus:** Look 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?

**Person 2:** I don't know - am I? And anyway, it's all very well for the birds of the air - they don't know any better. I have so much to worry about: the mortgage, the children, work, my friend who's unwell . . .

**Jesus:** Can any one of you by worrying add a single hour to your life?

**Person 1:** Well, that's another thing to worry about, isn't it? We never know what's round the next corner. The newspapers are always full of the latest research about how we're killing ourselves with our lifestyles.

**Person 2:** And about how we're ruining the planet. I sometimes feel I don't know what to do for the best. I find myself paralysed by indecision in the vegetable aisle at the supermarket: Fairtrade? Organic? Local?

**Person 1:** It's not just vegetables. I even felt guilty the other day when I bought a t-shirt that wasn't made of Fairtrade cotton. But I do love buying clothes - it makes me feel good - and I feel embarrassed if I don't keep up with the latest fashions. Even if it I can't always afford it . . .

**Jesus:** Why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If 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—you of little faith?

**Person 2:** I suppose when you put it like that it makes sense . . .

**Jesus:** So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them.

**Person 2:** He knows what we need - but he doesn't just hand it to us on a plate, does he? Surely we have to do our part - and we can't help worrying about whether we're doing the right thing, or doing it well enough, or just getting it all horribly wrong. How are we supposed to *know*?

**Jesus:** Seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.