

Stress-free life:

**25"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 important than food, and the body more important than clothes?**

**26Look 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?**

**27Who of you by worrying can add a single hour to his life?**

**28"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.**

**29Yet I tell you that not even Solomon in all his splendor was dressed like one of these.**

**30If 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, O you of little faith?**

**31So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'**

**32For the pagans run after all these things, and your heavenly Father knows that you need them.**

**33But seek first his kingdom and his righteousness, and all these things will be given to you as well.**

**34Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.**

(Matthew 6:25-34)