

Are you anxious?



Let the beauty and the scent of the lilies surround you.

I tell you, do not be anxious about your life.

Matthew 6 v 25

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?

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 are?

And which of you by worrying can add a single hour to his life?

And why do you worry about clothes? See how the lilies of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these.

Matthew 6 vv 25 - 28