

DO NOT BE  
ANXIOUS  
ABOUT YOUR  
LIFE

Matthew 6:25

In many Bible translations, the words spoken by Jesus are printed in red. We've chosen to do that here as it tends to make these words more powerful when reading.

May the Lord use these pages to strengthen your faith, sharpen your discernment, and draw you closer to Him.

# Do Not Be Anxious About Your Life



## Scripture

*“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”*

*Matthew 6:25*

This is Jesus speaking. During the Sermon on the Mount. Teaching His disciples and the crowd gathered around them, how to live.

Since this verse starts with ‘Therefore,’ let’s look for context by reading a bit more of this passage.

Matthew 6:24-27, Jesus tells the crowd, *“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?”*

Luke records a similar teaching from Jesus in Luke 12:22-25.

For a deeper study, look to the Old Testament:

Psalm 127:1-2 *“Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.”*

It seems the psalmist in the Old Testament, and Jesus Himself, are telling us that it is not necessary to exhaust ourselves worrying as though everything depends on us. It doesn’t. Don’t be anxious about such things. Trust God.

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## What it Means

Jesus isn’t dismissing the need for food and clothing. And, He isn’t saying don’t work, don’t cook, don’t eat. He’s saying don’t be anxious about such things. Step back. Stop living as though your survival depends on your ability to manage every outcome. Put things in perspective with God at the top. “Is not life more than food, and the body more than clothing?”

Consider the full passage. Jesus is reminding us, again, that we cannot serve two masters.

## WORD STUDY

Going back to the original Greek, we can slow down and draw a deeper meaning from this seemingly simple passage.

The word ‘anxious’ in Greek is: *merimnao* (mer-im-nah’-o). We see this word 19 times in the New Testament. We studied it in the first Moment of this volume of studies. Let’s go a little deeper — the verb means ‘take care’ or ‘to be careful.’ It is often used in the negative, as it is here. *Do not be anxious* would then translate to: *do not be careful about* or *take no thought of*. Using this word in the negative makes a strong statement. It seems to just take the meat out of something...it just isn’t important enough to give your cares to.

The word ‘life’ in Greek is: **psuche** (psoo-khay’). It comes from the word meaning *breath* — our entire being, our soul. Jesus isn’t talking about just our physical needs or our day-to-day *life*. Jesus is teaching us not to be consumed with worry over our very being.

When I slow down and read the entire passage quoted on the prior page (Matthew 6:24-27), I’m reminded not to stress about day-to-day stuff; not to put these trivial things at the center of my life.

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## Discern the Truth

We have plenty to worry about. The bills are real. Health concerns are real. The need to work, eat, and take care of our families is very real. Scripture isn't dismissing these things. Scripture is telling us not to center our lives on these things; these things that are temporary. Scripture is telling us to put these things behind God.

When we base our feelings of security on these things that are temporary, we will feel anxious and threatened when those things are not available, are taken away, or simply out of reach for a season.

When we base our feelings of security on God, our center is solid; it can't be taken away and it is always available. Other needs don't disappear but they stop controlling us.

Jesus says, “Therefore I tell you, do not be anxious about your life...”

Consider how much energy we spend worrying about the things of this world. It's a lot. And, there is no return on our time here.

Look at the last sentence in the passage when Jesus said, “And which of you by being anxious can add a single hour to his span of life?”

We worry about big things. We worry about little things. But, to what end? It steals our sleep and strains our relationships. And, we know that carrying around stress is bad for our overall health. In fact, worrying has never helped a single thing. Worrying doesn't improve our situation...ever. But, placing our trust in God does...always.

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*Anxiety is not inevitable. Life has challenges. Anxiety — the kind that consumes us and pulls us away from God — is evidence that we are not rooting our safety in Christ.*

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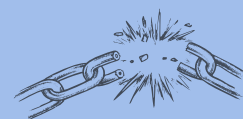
*Matthew 6:25*

## Observe & Apply

God calls out very normal, everyday-life things. What you will drink. What you will eat. What you will wear. Because, it’s everyday-life that causes us the most anxiety.

- Think about a time in your life where you were consumed with worry or anxiety about something challenging that has since resolved. Maybe money or health issues or a major life change. Looking back on that season, did anything good come from worrying? Did anything bad come from worrying?
- How could you face that challenge differently?
- What is causing you the most worry or anxiety now? How can you start putting pieces of it in God’s hands so you can spend less time worrying and more time on your relationship with Him?
- If you worry less about everyday things, could you be a stronger witness for Christ? Would others be able to see Christ working in your life?





I launched EnsnaredLife.com with a desire to curate honest, truth-telling content alongside simple, purposeful things that strengthen a woman's walk with Christ or just add a little sunshine into the day. I am not a theologian or a professional blogger. I just wanted to learn something new while seeking wisdom and discernment every single day.

I value any time when I can sit alone, or in a small group, and study God's word, but I really wanted something that I could truly grab onto — something deeper than a quick devotional, more meaningful than what's usually on the shelf, yet still doable in the middle of real life. Most of all, I wanted it to be honest, without watering down or ignoring hard truths.

After much prayer about where to take this project, these **Daily Moments of Discernment** are the result. I pray that these short, standalone moments point you straight back to Scripture and help you live **Safe in Christ** — free from the snares that easily entangle us (Proverbs 29:25).

*Thank you for supporting this project and thank God for the inspiration to create it.*

Unless otherwise noted:

- All scripture citations are taken from the 2001 ESV translation.
- Word studies and cross-references are from the Crossway ESV Study Bible, the Expository Dictionary of Bible Words, or the e-Sword Bible app
- Interpretations are my own, guided first by prayer and then by the many reference books and Bible translations on my shelf and, when helpful, an internet search to check a fact.

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