

He Redirects Worry with Wonder

"Therefore I tell you, don't worry about your life as to what you'll eat, or what you'll drink, or for your body, as to what you'll wear. Isn't life more than food, and the body more than clothing?"

MATTHEW 6:25

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In Matthew 6:25,

Jesus asks:

"Is not life more than food,
and the body more than clothes?"

At first glance,
it sounds philosophical —
like He's inviting us
to step back and admire
the mystery of being human.

But Jesus asks these questions
to do something practical:
free us from worry.

Still, the complexity of life —
work, relationships, rest, provision —
feels overwhelming.

Doesn't the need to obtain
and keep all of these things
increase anxiety?

Here's where His riddle opens up.

Jesus isn't saying life is simple.

He's saying it's sacred.

And its value doesn't come
from what it consumes,
but from Who created it.

You may not know this about Jesus:

He redirects worry
not by reducing life's needs —

but by magnifying its worth.

When you see your life as priceless,
you begin to trust
that the One who gave it
will sustain it.

Where am I undervaluing
the life I've been given —
and overvaluing
the things that sustain it?