

Matthew 6:25

Authorized King James Version (KJV)

Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Analysis

Jesus commands freedom from anxiety: 'Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on' (Greek: μὴ μεριμνᾶτε τῇ ψυχῇ ὑμῶν, 'do not be anxious for your life'). The verb μεριμνάω means anxious worry, not responsible planning. 'Therefore' connects to the previous teaching on serving God versus mammon - those who serve God can trust Him for provision. Jesus asks a rhetorical question: 'Is not the life more than meat, and the body than raiment?' Life's value transcends its maintenance. Anxiety about provision reveals misplaced trust and distorted values.

Historical Context

First-century Palestinian peasants lived subsistence-level existence where food and clothing insecurity was daily reality. Roman taxation, tenant farming, and debt made survival precarious. Jesus' command wasn't glib advice to the comfortable but radical trust for the genuinely vulnerable. His teaching assumes the Father's provision (6:26-30) and kingdom priorities (6:33). Early Christians practiced economic sharing that alleviated survival anxiety through community support.

Related Passages

James 2:17 — Faith and works

Hebrews 11:1 — Definition of faith

Study Questions

1. What is the difference between anxious worry and responsible planning for the future?
2. How does recognizing life's transcendent value free us from anxiety about life's necessities?
3. What specific anxieties about provision reveal areas where you're not fully trusting God?

Interlinear Text

διὰ	τοῦτο	λέγω	ὑμῖν,	μὴ	μεριμνᾶτε	τῇ	ψυχῇ
Therefore	G5124	I say	unto you	Take no	thought	G3588	life
G1223		G3004	G5213	G3361	G3309		G5590
ὑμῶν,	τί	φάγητε	καὶ	τί	πίητε,	μηδὲ	τῷ
for your	what	ye shall eat	and	what	ye shall drink	nor yet for	G3588
G5216	G5101	G5315	G2532	G5101	G4095	G3366	body
ὑμῶν,	τί	ἐνδύσησθε·	οὐχὶ	ἢ	ψυχὴ	πλεῖόν	ἐστιν
for your	what	ye shall put on	not	G3588	life	more than	Is
G5216	G5101	G1746	G3780		G5590	G4119	G3588
τροφῆς	καὶ	τὸ	σῶμα	τοῦ	ἐνδύματος;		
meat	and	G3588	body	G3588	than raiment		
G5160	G2532		G4983		G1742		

Additional Cross-References

Philippians 4:6 (Parallel theme): Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

1 Peter 5:7 (Parallel theme): Casting all your care upon him; for he careth for you.

Psalms 55:22 (Parallel theme): Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

Romans 8:32 (Parallel theme): He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?

Matthew 6:31 (Parallel theme): Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

Mark 4:19 (Parallel theme): And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful.

Matthew 10:19 (Parallel theme): But when they deliver you up, take no thought how or what ye shall speak: for it shall be given you in that same hour what ye shall speak.

1 Corinthians 7:32 (Parallel theme): But I would have you without carefulness. He that is unmarried careth for the things that belong to the Lord, how he may please the Lord:

Matthew 6:34 (Parallel theme): Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Luke 8:14 (Parallel theme): And that which fell among thorns are they, which, when they have heard, go forth, and are choked with cares and riches and pleasures of this life, and bring no fruit to perfection.