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Â"Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek)Â" (Matthew 6:31-32).

Jesus tells us that worryėabout the future of our family, about jobs, about how we are to survive—is a heathenÂ's w ay of life. Jesus is talking here about those who have no heavenly Father. They do not know God as he wants to be kno wn, as a caring, providing, loving Father in heaven.

Â"Take no thought for tomorrowÂ" (v. 34). In these plain words, Jesus commands us, Â"Do not give a thought, do not gi ve a worry, about what might or might not happen tomorrow. You canÂ't change anything. And you canÂ't help by worryi ng. When you do, youÂ're only doing as the heathen do.Â" Then Jesus says, Â"Seek ye first the kingdom of God and Hi s righteousness; and all these things shall be added unto youÂ" (v. 33). In other words, you are to go on loving Jesus. Y ou are to move on, casting all your cares on him. You are to go on resting in his faithfulness. Your heavenly Father will s ee to it that you are supplied with all the essential things of life.

I wonder if the angels are baffled by all the worrying and anxiousness of those who claim to trust in God. To them it must seem so degrading, so insulting to the Lord, that we worry as if we had no caring Father in heaven. What perplexing que stions the angels must ask among themselves: Â"Have they no Father who is in heaven? Do they not believe he loves t hem? Did he not tell them he knows all about their needs? Do they not believe that he who feeds the birds and the whol e animal kingdom will feed and clothe them? How can they fret and worry if they know he owns all power, all wealth, and can supply the needs of all creation? Would they accuse their heavenly Father of neglect, as if he was not true to his wo rd?"

You have a heavenly Father. Trust him!