

MA1. Not Worrying or Being Anxious about Having Adequate Provisions.

We are not to worry or be anxious about having adequate provisions.

This precept is derived from His Word (blessed is He):

Key New Testament Scriptures

Matthew 6:25-33

Therefore, I tell you, don't worry about your life- what you will eat or drink; or about your body- what you will wear. Isn't life more than food and the body more than clothing? Look at the birds flying about! They neither plant nor harvest, nor do they gather food into barns; yet your heavenly Father feeds them. Aren't you worth more than they are? Can any of you by worrying add a single hour to his life? And why be anxious about clothing? Think about the fields of wild irises, and how they grow. They neither work nor spin thread, yet I tell you that not even Shlomo in all his glory was clothed as beautifully as one of these. If this is how God clothes grass in the field- which is here today and gone tomorrow, thrown in an oven- won't he much more clothe you? What little trust you have! So don't be anxious, asking, 'What will we eat?,' 'What will we drink?' or 'How will we be clothed?' For it is the pagans who set their hearts on all these things. Your heavenly Father knows you need them all. But seek first his Kingdom and his righteousness, and all these things will be given to you as well.

Additional New Testament Scriptures

Matthew 6:34, 10:9-10, 7:11

Luke 12:22-32

2 Corinthians 9:8-11

Romans 8:32

Philippians 4:6-7, 19

Hebrews 13:5

Related New Testament Mitzvot

MA03 Not Worrying about Tomorrow in Matters of Everyday Living

MA04 Not Having Anxiety or Worrying about Anything

Supportive Tanakh Scriptures

Psalms 23:1

A psalm of David: ADONAI is my shepherd; I lack nothing.

Psalms 34:10(9)

Fear ADONAI, you holy ones of his, for those who fear him lack nothing.

Psalms 37:25

I have been young; now I am old; yet not once have I seen the righteous abandoned or his descendants begging for bread.

Malachi 3:10

Bring the whole tenth into the storehouse, so that there will be food in my house, and put me to the test," says ADONAI-Tzva'ot. "See if I won't open for you the floodgates of heaven and pour out for you a blessing far beyond your needs.

Comment

Worry is a kind of fear and is the opposite of faith because if we put ourselves in God's hands and trust him with our lives, it becomes impossible for us to worry. This *Mitzvah* commands us to trust God for adequate provisions which are of the physical kind such as food, clothing and shelter, but also money to purchase provisions. God also provides for us spiritually through the *Ru'ach HaKodesh*, which is dealt with separately in section AB and elsewhere in this *Mitzvot* compilation.

Related Mitzvot in Volumes 1 & 2

A8 Succumbing to Fear, Worry & Anxiety