

**May 3rd 2026**

**Psalm 24 New International Version  
Of David. A psalm.**

**1**

The earth is the Lord's, and everything in it,  
the world, and all who live in it;

**2**

for he founded it on the seas  
and established it on the waters.

**3**

Who may ascend the mountain of the Lord?  
Who may stand in his holy place?

**4**

The one who has clean hands and a pure heart,  
who does not trust in an idol  
or swear by a false god.<sup>[a]</sup>

**5**

They will receive blessing from the Lord  
and vindication from God their Savior.

**6**

Such is the generation of those who seek him,  
who seek your face, God of Jacob.<sup>[b]</sup><sup>[c]</sup>

**7**

Lift up your heads, you gates;  
be lifted up, you ancient doors,  
that the King of glory may come in.

**8**

Who is this King of glory?  
The Lord strong and mighty,  
the Lord mighty in battle.

**9**

Lift up your heads, you gates;  
lift them up, you ancient doors,  
that the King of glory may come in.

**10**

Who is he, this King of glory?  
The Lord Almighty—  
he is the King of glory.

**Do Not Worry**

**25** “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? **26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **27** Can any one of you by worrying add a single hour to your life?

**28** “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendour was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? **31** So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For the pagans run after all these things, and your heavenly Father knows that you need them. **33** But seek first his kingdom and his righteousness, and all these things will be given to you as well. **34** Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.