

Do not be anxious about your life

Matthew 6:25-34

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What reasons does Jesus give for not worrying about food and clothing?

2. What does it show me about people — and about myself?

What worry about money or provision weighs on you most right now?

3. What will I obey this week? (a concrete step, with a day)

What would seeking God's kingdom first look like in one money decision you face this week?

4. Who will I tell?

Who is anxious about providing for themselves that you could encourage with these words?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Father, you feed the birds and clothe the flowers, and you know what I need. Teach me to seek your kingdom first and to leave tomorrow's worries with you.



This study online

NEXT STUDY The rich young ruler

comission.cc/en/study/money-work-generosity/03/