

# Do not worry

Matthew 6:24-34

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## 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, drink, and clothes?*

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

*Which of tomorrow's troubles do you keep borrowing today?*

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

*What one 'tomorrow' worry will you set down each day this week in order to seek God's kingdom first?*

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### 4. Who will I tell?

*Who around you is weighed down by daily needs, and what from this passage could you share with them?*

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## 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 lilies, and you know what I need. Help me seek your kingdom first and leave tomorrow's worries with you.*



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