

Trusting God instead of living anxiously

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 does Jesus say about how the Father cares for birds and flowers?

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

What does Jesus say worry cannot do?

What does he tell us to seek first instead?

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

What one worry will you hand to God this week, and how?

4. Who will I tell?

Who do you know who is carrying more anxiety than they can hold?

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 fields, and you know what I need. Take my worry, and let me seek your kingdom first today.



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