

Do not be anxious

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 examples does Jesus give of the Father's care, and what does he tell us to seek first?

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

Which worry do you rehearse the most — food, money, tomorrow?

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

Write that worry down, hand it to the Father in prayer each morning this week, and spend one of those worry-hours seeking his kingdom by serving someone.

4. Who will I tell?

Who else is carrying anxiety, to whom you could pass on what Jesus says about the birds and the lilies?

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. Take the worry I keep rehearsing and teach me to seek your kingdom first today.



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