

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 in nature shows how the Father cares?

What does Jesus tell us to seek first (v. 33)?

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

What are you anxious about that this passage speaks to?

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

What worry will you trade for seeking God's kingdom this week?

4. Who will I tell?

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, help me trust you with what I am worried about, and to seek your kingdom first today.
