

Identity — God's love overcomes anxiety and worry

Luke 12:22-34

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?

Why does Jesus say his followers do not need to worry?

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

What worry occupies most of your thoughts?

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

What will you seek God's kingdom in first this week, instead of worrying?

4. Who will I tell?

Who is weighed down by worry that you could point to the Father's care?

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, thank you that you know my needs and gladly give me the kingdom. Free me from worry and help me seek you first.
