

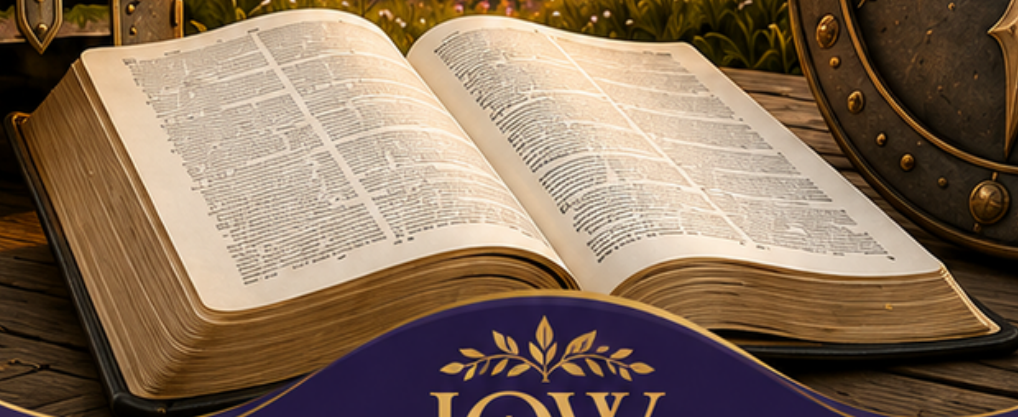


BIBLE STUDY

Matthew 6

TRUSTING GOD
Instead of Worrying

Matthew 6:25-34 (NKJV)



JOW

JOURNEYS OF WOMEN
— MINISTRIES —

Bible Study
Matthew 6
Trusting God
Instead of Worrying

Key Scripture:

Matthew 6:25-34(NKJV)

"Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."

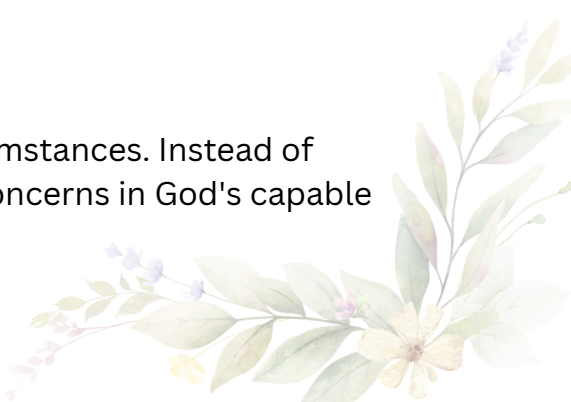
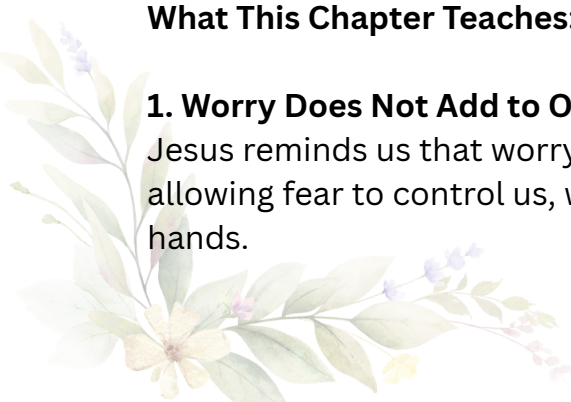
Chapter Overview:

In **Matthew 6**, Jesus teaches us to replace worry with trust. He reminds us that our Heavenly Father knows our needs and faithfully cares for His children. Instead of becoming consumed with tomorrow's uncertainties, we are called to seek God's kingdom first, trusting Him to provide what we need each day. When we focus on God's faithfulness rather than our fears, we discover the peace that comes from placing our lives in His hands.

What This Chapter Teaches:

1. Worry Does Not Add to Our Lives

Jesus reminds us that worrying cannot change our circumstances. Instead of allowing fear to control us, we are invited to place our concerns in God's capable hands.





2. God Faithfully Provides

The same God who cares for the birds of the air and clothes the flowers of the field promises to care for His children. His provision reflects His love and faithfulness.

3. Seek God's Kingdom First

Rather than making worldly concerns our priority, Jesus calls us to pursue God's will above everything else, trusting Him to provide what we need.

4. Live One Day at a Time

God gives us grace for today. Instead of carrying tomorrow's burdens, we are encouraged to faithfully trust Him with each new day.

5. Trust Replaces Fear

As we grow in our confidence in God's character and promises, worry begins to lose its grip, and our hearts become anchored in His peace.

Key Truths

- **God knows your needs.**
- **Worry cannot change tomorrow.**
- **Seek God's kingdom first.**
- **Trust God one day at a time.**
- **His peace is greater than your fears.**

Life Application

Identify one worry you have been carrying. Give it to God in prayer, choose to trust His care, and focus today on seeking His will instead of dwelling on tomorrow's uncertainties.

Prayer:

Heavenly Father,

Thank You for knowing my needs and caring for me each day. Help me to trust You instead of worrying. Teach me to seek Your kingdom first and rest in the peace that only You can give.

In Jesus' name, Amen.

Memory Verse

Matthew 6:33 (NKJV)

"But seek first the kingdom of God and His righteousness, and all these things shall be added to you."

