

OVERCOMING ANXIETY – MATTHEW 6:25-34 - WORKSHEET

Jesus gives a command to not be anxious in verse 25. He then spends the rest of the passage giving specific reasons why we shouldn't worry. What are the reasons he gives?

Read the previous passage (v.19-24). How does this passage connect to v.25-34?

Worry reveals something about our hearts: When you worry and grow anxious, where is your ultimate trust? (See verse 21 in the previous passage)

In verse 33 Jesus gives the remedy to anxiety. What does it mean to seek first the kingdom of God? How is this a cure for anxiety and worry?

Jesus tells us to "look" and to "consider" the reality of his sovereign provision. What some practical ways you can frequently do this in your own life?

How would your life look different tomorrow if you decided, in the power of the gospel, to seek first the kingdom of God? How would this month look different? This year?