

The Greek word translated “take no thought” literally means “to be drawn in _____ directions.”

God has built into His Creation the _____ by which all things are cared for.

When you worry you not only lose your peace, but you also lose your _____.

Picture a home to symbolize the compartments of your _____ and examine each room.

Trust is built as you allow God to be _____ of every part of your life.

Three words to have victory over worry:

1. _____ – Trusting God in all things at all times (v. 30)

“The beginning of anxiety is the end of _____, and the beginning of true _____ is the end of anxiety.”

~George Muller

2. _____ – He cares for His children (v. 32)

3. _____ – Putting God’s kingdom above your kingdom (v. 33)

Worrying about tomorrow does not help secure peace, rather it reduces your _____ for today.

Discussion Questions

1. Is it a sin to worry? Is it a sin to plan or to save for the future? Explain your answers.
2. Explain the correlation between worry and trust. Do you believe your explanation?
3. How would you teach this passage to a people group in a third-world country enduring a severe famine?
4. How much of an issue is worry for you, and what practical steps can you take to lessen that worry?
5. Pray as the Holy Spirit leads for you to develop greater trust in God.

Supporting Scriptures

Matthew 6:11 Give us today our daily bread.

Jeremiah 29:13 You will seek me and find me when you seek me with all your heart.

Psalms 81:10b Open wide your mouth and I will fill it.