



Week 8: Our Trust

Worry is one of the greatest thieves of peace and joy. In Matthew 6:25–34, Jesus invites us to a better way—a life ruled by trust instead of fear, worship instead of worry. He shows how anxiety divides our hearts and how faith anchors us to what truly lasts. When we surrender control and seek first God’s Kingdom, we discover the rest and provision our souls were made for.

Discussion Questions:

1. **Read Matthew 6:25–34.** What stands out to you most about Jesus’ teaching on worry? Why do you think He connects this passage so closely to His teaching on money?
2. Jesus points to birds and flowers as examples of God’s care. What modern examples remind you that God provides and sustains today?
3. If Jesus were teaching this passage to us today, what do you think He would list instead of food and clothing? How might those modern examples expose the real sources of our worry?
4. Worry often comes from trying to control what we can’t. What’s an area of your life where you sense God inviting you to surrender control and trust Him more fully?
5. Jesus says, “Seek first the Kingdom of God.” What would it look like for you to reorder your priorities around God’s Kingdom this week—at work, at home, or in your finances?
6. Worship and worry can’t coexist. How can worship through prayer, song, Scripture, etc. become your first response when anxiety or fear starts to rise?