



# Worry

May 24-30, 2026

---

**Do you consider yourself a worrier?**

**What negative effects have worries had on your health? Your thoughts? Your productivity? Your relationships with others?**

The presence or absence of worry measures our trust in God. As believers, we aspire to a single focus on God and a loyalty toward Him. In this passage, Jesus taught that worry is unproductive. Not only is it unproductive, it's the opposite of trust in God.

**What does the fact that so many of us struggle with worry say about our culture? What does it say about our faith? Instead of beating ourselves up over this struggle, what could we do?**

**READ [MATTHEW 6:25-27](#).**

**According to these verses, what are three specific reasons Jesus gives us for not worrying about the basic needs of life?**

**When we worry, what are we saying about our view of God and our relationship with Him?**

**How has worry hindered your faith and negatively impacted your relationship with God? What eventually helped you overcome that worry?**

**READ [MATTHEW 6:28-32](#).**

Faith calls for trust in a loving and personal God at work in the world. Worry shows a lack of trust. Jesus' teaching by no means ignores the reality of poverty and hunger among the people of the earth. However, Jesus' clear teaching for believers is to trust God above all. If the Lord faithfully provides for the needs of mere creatures, how much more will He provide for us—His children?

**Trusting God with everything is easier said than done. What spiritual disciplines—such as prayer, worship, study, fasting, and so forth—have you found helpful for fighting worry?**

**Why do praising God and giving thanks undermine worry?**

**READ [MATTHEW 6:33-34](#).**

**Practically speaking, what does it mean to “seek first the kingdom of God and His righteousness”?**

**How have you seen Jesus' statement in verse 33 proven true in your life?**

Jesus encourages us to rest in our positions in God's kingdom (vv. 31-34) instead of being consumed by worry and fear. First, remember that God loves as a Father loves. We should not think of God as far away and unapproachable or even as a king who is not accessible. As our Father, God loves and cares for us. Second, God is personal; we have a personal relationship with Him. Finally, as both God and Father, He knows that we need the basics of life. Christians never have to worry about whether God knows or cares about their needs. Instead of worrying, believers can seek the kingdom of God and trust Him. We can focus on living out His mission. If His will is our priority, we will be less concerned about material matters and more committed to eternal relationships.