



Trusting God: Jesus' Teaching on Worry and Anxiety



Explore Jesus' call to trust God over worry, examining how faith brings peace and provision amid life's anxieties.



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Introduction

Worry and anxiety are common struggles that many of us face daily. Jesus' teaching in the Gospels offers profound comfort and practical guidance on how to live free from the burden of worry. In *Matthew 6:25–34*, Jesus addresses the natural human concerns about life's necessities — food, drink, clothing — and calls us to trust in God's faithful provision. This passage is a cornerstone for understanding how faith shapes our response to life's uncertainties.

In this 7-day study, we'll journey through the heart of Jesus' message, discovering how He invites us to redirect our focus from fear to faith. We will explore not only the central passage in Matthew but also supporting scriptures that reinforce God's care, sovereignty, and peace. Through daily reflection, devotional thoughts, and prayer, you'll be invited to internalize the truth that God knows your needs and is willing and able to meet them.

Life often presents challenges that stir worry and anxiety, but Jesus offers a different way. He teaches that worrying doesn't add value to our lives but rather steals joy and peace. Instead, He encourages us to seek God's kingdom first and trust that everything else will be provided. It's a call to live with a Kingdom mindset, embracing dependence on God's goodness.

By engaging deeply with these scriptures, you will learn to recognize worry when it arises, understand its spiritual consequences, and implement Jesus' practical advice to cast your cares upon Him. This study is designed for



personal growth and transformation, helping you experience the peace that surpasses all understanding. Let's embark on this journey together to know more deeply the heart of our Savior who lovingly cares for us.





Day 1: 🌿 Introduction to Jesus' Teaching on Worry



Your Verse

Matthew 6:25 - "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear..."

Supporting Scriptures

- *Philippians 4:6 - "Do not be anxious about anything..."*
- *1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."*



Devotional: Jesus Calls Us to Stop Worrying

Jesus begins His teaching by addressing the natural human tendency to **worry**. In Matthew 6:25, He commands us not to worry about life's necessities, emphasizing that life is more than food and the body more than clothing. This is radical because it challenges the common focus on material security as a source of peace.

Worry often feels like a natural, even helpful response to uncertainty, yet Jesus invites us into a new way of living—a trust-based relationship with God. The apostle Paul echoes this in Philippians 4:6, urging believers to replace anxiety with prayer and thanksgiving. The promise in 1 Peter 5:7 assures us God cares personally about every worry we have.

Today, begin to notice the worries that frequently occupy your mind. Remember Jesus' command: your life is valued deeply by God, and He invites you to trust Him fully.



Reflect and Apply

1. What worries tend to consume your thoughts the most?

2. How does knowing God cares for you affect your view of these worries?

3. What does Jesus mean when He says not to worry about life's necessities?



Journaling Prompts

1. List your biggest worries right now and how they affect your peace.

2. Reflect on moments when worry felt overwhelming—what helped or didn't help?

3. Write a prayer asking Jesus to help you trust Him with your needs.



Day 1: 🌿 Introduction to Jesus' Teaching on Worry

Prayer for Today

Father God, thank You for Your loving care in the midst of my worries. Help me to lean on Your promises instead of my fears. Teach me to trust You more deeply with every need and anxiety. Replace my worry with Your peace and assurance that You are always watching over me. Guide my heart to focus on Your kingdom and righteousness above all else. *In Jesus' name, Amen.* 🙏❤️





Day 2: 🦅 Trusting God's Provision



Day 2: 🦅 Trusting God's Provision

Your Verse

Matthew 6:26 - "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them..."

Supporting Scriptures

- *Psalm 34:10 - "The lions may grow weak and hungry, but those who seek the LORD lack no good thing."*
- *Luke 12:24 - "Consider the ravens: They do not sow or reap... yet God feeds them."*



Day 2: 🐦 Trusting God's Provision

Devotional: God Provides as He Cares for Us

Jesus uses the example of birds to illustrate God's providential care. Birds, which don't labor for food as humans do, are still graciously sustained by God, demonstrating His attention to even the smallest creatures. If God cares for the birds, how much more will He care for His children!

Psalm 34:10 reminds us that those who seek the Lord will not lack good things. This does not promise a life without struggle but ensures God's provision according to His wisdom and timing. Luke's gospel also reflects on this theme, highlighting God's unfailing provision.

The invitation here is to observe nature's testimony of God's faithfulness and to anchor your trust in Him. When worries about provision arise, remember the birds and God's tender care, which extends to every aspect of your life.



Day 2: 🦋 Trusting God's Provision

Reflect and Apply

1. How does the example of birds challenge your worries about provision?

2. In what areas of your life do you struggle to trust God's timing?

3. What steps can you take to seek God's kingdom first today?



Journaling Prompts

1. Recall a time when God provided unexpectedly—how did it affect your faith?

2. Write about what 'seeking God's kingdom first' means in your daily life.

3. List tangible ways you can practice trusting God with your needs.



Day 2: 🦋 Trusting God's Provision

Prayer for Today

Heavenly Father, thank You for Your faithful provision seen even in the smallest of Your creations. Help me to trust You more and to seek Your kingdom above all else. When worries about my needs arise, remind me of Your constant care. Let my heart rest in Your promises and Your perfect timing. *In Jesus' name, Amen.* 🌿 🙌 🙏





Day 3: 🎭 Finding Freedom from Anxiety



Day 3: 🦋 Finding Freedom from Anxiety

Your Verse

Matthew 6:28-30 – “And why do you worry about clothes? See how the flowers of the field grow... if that is how God clothes the grass of the field, will he not much more clothe you?”

Supporting Scriptures

- *Isaiah 40:8 – “The grass withers and the flowers fall, but the word of our God endures forever.”*
- *1 Timothy 6:8 – “But if we have food and clothing, we will be content with that.”*



Day 3: 🦋 Finding Freedom from Anxiety

Devotional: Anxiety Cannot Clothe the Heart

Anxiety often stems from placing our security in fleeting things. Jesus points to wildflowers, beautifully clothed by God and temporary, as a reminder that God's care is not only sufficient but generous.

Isaiah highlights the temporary nature of earthly things contrasted with God's enduring word and presence, grounding our hope in Him rather than in material possessions. Paul's teaching to Timothy reinforces contentment rooted in basic needs being met, which aligns with trusting God to provide.

When anxiety arises, consider where your heart finds security. Jesus calls us to freedom—freedom from anxiety is found when we fix our eyes on God's faithfulness rather than on worry about outward appearances or possessions.



Reflect and Apply

1. What 'clothes' or possessions do you sometimes worry about?

2. How does understanding the temporary nature of these things affect your priorities?

3. What does contentment with God's provision look like in your life?



Journaling Prompts

1. Write about how anxiety has influenced your view of your needs and possessions.

2. Reflect on the difference between contentment and complacency in your faith.

3. List ways you can practically cultivate contentment in daily living.



Day 3: 🦋 Finding Freedom from Anxiety

Prayer for Today

God of Peace, teach me to find true freedom from anxiety by trusting in Your care. Help me to see beyond my temporary needs and rest in Your eternal provision. Grant me contentment with what You provide and keep my heart focused on Your enduring word. *In Jesus' name, Amen.* 🌸🕊️❤️





Day 4: 👑 Seeking God's Kingdom First



Day 4: 🏰 Seeking God's Kingdom First

Your Verse

Matthew 6:33 – “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Supporting Scriptures

- *Proverbs 3:5-6 – “Trust in the LORD with all your heart and lean not on your own understanding...”*
- *Romans 8:28 – “And we know that in all things God works for the good of those who love him...”*



Devotional: Prioritize God Above All Worries

The heart of Jesus' teaching is a call to **prioritize God's kingdom and righteousness above all else**. This priority shifts our worldview from self-reliance to God-reliance, offering peace and hope. Matthew 6:33 promises that when God's kingdom becomes our first pursuit, provision for our needs follows.

Proverbs encourages us to trust GOD completely rather than depending solely on our limited understanding. Romans reminds us that God orchestrates all things for the good of those who love Him—this includes our provision and peace amid life's worries.

Applying this truth means redirecting daily decisions and desires towards God's will. It's an active pursuit of His kingdom that transforms anxiety into confident trust.



Day 4: 📖 Seeking God's Kingdom First

Reflect and Apply

1. What does 'seeking God's kingdom first' look like in your daily routines?

2. How do you currently handle uncertainty and trust in God's plan?

3. In what ways can shifting your focus impact your anxiety levels?



Day 4: 📖 Seeking God's Kingdom First

Journaling Prompts

1. Describe how you can seek God's righteousness in specific areas of your life.

2. Recall moments when trusting God brought unexpected peace.

3. Write a commitment statement to put God's kingdom first today.



Day 4: 📖 Seeking God's Kingdom First

Prayer for Today

Lord God, help me to seek Your kingdom first and trust You fully. Teach me to prioritize Your righteousness above my worries and needs. Strengthen my faith so I can rest confidently in Your perfect plan and provision. May my heart find peace in You alone. *In Jesus' name, Amen.* 📖 🙏 ❤️





Day 5: 🕊️ Living Without Worry



Day 5: 🕊 Living Without Worry

Your Verse

Matthew 6:34 - "Therefore do not worry about tomorrow, for tomorrow will worry about itself..."

Supporting Scriptures

- *James 4:13-15 - "You do not know what will happen tomorrow..."*
- *Psalms 55:22 - "Cast your cares on the LORD and he will sustain you..."*



Day 5: 🕊 Living Without Worry

Devotional: Embracing Today, Trusting Tomorrow

Jesus' concluding words in this passage focus on present trust and surrender. He advises against worrying about tomorrow because each day has enough trouble of its own. This teaching encourages us to live fully in the present, entrusting the future to God's care.

James reminds believers of the uncertainty of the future and the importance of humble dependence on God's will. Psalm 55 encourages casting all cares upon the Lord, who sustains us through challenges.

Living without worry doesn't mean ignoring responsibilities but involves a daily practice of surrender and trust. It's about choosing faith over fear, moment by moment.



Reflect and Apply

1. How does focusing on today help reduce worry about the future?

2. What fears about the future do you find hardest to surrender to God?

3. How can daily surrender change your perspective on life's uncertainties?



Journaling Prompts

1. Write about a time when living one day at a time helped you cope.

2. List fears about tomorrow and imagine handing those over to God.

3. Journal a daily surrender prayer to recite when anxiety arises.



Day 5: 🕊️ Living Without Worry

Prayer for Today

Dear Lord, teach me to live each day without worry, trusting You with the future I cannot control. Help me to cast my cares on You and to walk forward with faith and courage. May Your peace guard my heart today and always. *In Jesus' name, Amen.* 🕊️ 🌅 🙏





Day 6: 💡 Faith in Action Against Anxiety



Your Verse

John 14:27 – “Peace I leave with you; my peace I give you. I do not give to you as the world gives...”

Supporting Scriptures

- *Psalm 46:10 – “Be still, and know that I am God.”*
- *Isaiah 41:10 – “Do not fear, for I am with you...”*



Day 6: 💡 Faith in Action Against Anxiety

Devotional: Receiving Christ's Peace in Anxiety

Jesus not only commands a life free from worry but gives us peace unlike anything the world offers. In John 14:27, He promises His perfect peace, a deep inner calm rooted in His presence, not circumstances. This peace sustains us and empowers us to face anxiety with confidence.

Psalms 46 instructs us to be still—quiet our minds and hearts to recognize God's sovereignty. Isaiah provides comfort reminding us that fear has no place where God's presence abides.

Faith in action means embracing God's peace through obedience, stillness, and trust. When worries come, you can respond with prayer, Scripture, and a confidence that God's peace will guard your heart.



Reflect and Apply

1. What are practical ways you can receive and live in Jesus' peace today?

2. How does stillness help you connect with God during anxious moments?

3. In what ways can God's presence replace your fear?



Journaling Prompts

1. Describe a time when you experienced God's peace in a difficult situation.

2. Write a verse or prayer you can turn to for peace when anxious.

3. Plan specific moments in your day to practice stillness and trust.



Day 6: 💡 Faith in Action Against Anxiety

Prayer for Today

Lord Jesus, thank You for Your peace that transcends all understanding. When anxiety tries to take hold, help me to rest in Your presence and trust Your promises. Teach me to be still and know You are God, my refuge and strength. Fill me with Your peace today. *In Your precious name, Amen.* 💡👉🙏





Day 7: ✨ Living by Faith, Not by Fear



Day 7: ✨ Living by Faith, Not by Fear

Your Verse

2 Corinthians 5:7 – “For we live by faith, not by sight.”

Supporting Scriptures

- *Hebrews 11:1 – “Now faith is confidence in what we hope for...”*
- *Romans 15:13 – “May the God of hope fill you with all joy and peace as you trust in him.”*



Day 7: ✨ Living by Faith, Not by Fear

Devotional: Faith Over Fear in Daily Living

Faith is the foundation for living free from worry. 2 Corinthians 5:7 teaches us that our daily life is governed by faith in God's character and promises rather than what we can see or understand.

Hebrews 11 defines faith as confidence and assurance, emphasizing the importance of trusting God even without visible evidence. Paul's prayer in Romans 15 expresses the joy and peace that come from trusting God—the very antidotes to worry and anxiety.

As you conclude this study, embrace a lifestyle rooted in faith. Choose daily to live by what God says, not by your fears or feelings. This is the path to lasting peace and confident trust in God's loving care.



Reflect and Apply

1. What does living by faith instead of sight mean for your personal struggles?

2. How can you remind yourself to trust God when fears arise?

3. What changes might result from living more fully by faith today?



Day 7: ✨ Living by Faith, Not by Fear

Journaling Prompts

1. Write about areas where faith feels difficult and why.

2. List Scriptures that encourage you to live by faith.

3. Make a plan to incorporate daily faith-building practices.



Day 7: ✨ Living by Faith, Not by Fear

Prayer for Today

Gracious God, help me to live by faith and not by sight. Strengthen my confidence in Your promises and fill me with joy and peace as I trust You. Help me to overcome fear by focusing on You daily. May my life glorify You through faith-filled living. *In Jesus' name, Amen.* ✨ 🙏 ❤️





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