

## **Bible Study- Faith That Works (May 6, 2026)**

### **Deep Roots: Growing Strong in Every Season**

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#### **Handling Worry the Right Way**

**Scripture: Matthew 6:25–34 (NIV)**

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#### **Big Idea**

Worry distracts us from trust. Faith refocuses us on God's provision.

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#### **Read the Text**

Matthew 6:25–34

As you read, pay attention to repetition and examples Jesus uses.

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#### **First Observations**

What stands out to you from this passage?

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## **Verses 25–27: The Nature of Worry**

Jesus directly addresses worry and its impact.

What reasons does Jesus give for not worrying in these verses?

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What does Jesus say worry cannot do?

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What are some common things in this passage that people still worry about today?

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Do you believe there is a difference between being concerned about something and being controlled by worry?

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Have you ever had a situation where worry started affecting your thinking or peace? How did you work through it?

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### **Verses 28–30: God’s Provision**

Jesus uses examples from nature to teach about God’s care.

What examples does Jesus use, and what do they reveal about God?

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What comparison is Jesus making between creation and us?

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How can focusing on God’s provision in the past help someone trust Him with present needs?

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What are some things that can make people forget God is still caring for them during difficult seasons?

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### **Verses 31–32: A Different Mindset**

Jesus contrasts how believers should think with how others think.

What phrases show how worry shapes people's thinking?

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What does Jesus say the Father already knows?

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What are some practical ways believers can develop a mindset of trust instead of constant worry?

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What does this passage teach us about how faith should shape the way believers respond to uncertainty?

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### **Verses 33–34: A Better Focus**

Jesus redirects attention from worry to priority.

What does Jesus instruct us to seek first?

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What promise is connected to that instruction?

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What are some things that can compete with putting God first in our daily lives?

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What are some practical ways a person can keep their focus on God instead of being consumed by worry?

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### **Bringing It Together**

What does this passage teach us about how to handle worry?

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