



GUIDED BIBLE STUDY

God Knows Your Thoughts

Speaker: Pastor Tony Orihuela

Highlighted Scriptures

Matthew 6:34 (NIV)

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Deuteronomy 31:6 (NIV)

“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

Romans 8:31 (NIV)

“What, then, shall we say in response to these things? If God is for us, who can be against us?”

Jeremiah 29:11 (NIV)

“‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

Discussion Questions

- 1. What kinds of worries or burdens have been weighing on your heart lately?**
- 2. How does trusting God change the way you view your current situation?**

3. What does it mean to “shift your focus from the problem to the solution” in your daily life?

Reflection Challenge

- **Identify one area of your life where you’ve been holding on instead of surrendering.**
- **Pray specifically, releasing that worry into God’s hands.**
- **Declare aloud: “God is for me—victory is mine through Christ!”**

Prayer Prompt

“Lord, I surrender every worry and burden into Your hands. Help me to trust You completely, even when I don’t understand what’s ahead. Give me courage to face each day with faith, knowing that You will never leave me or forsake me. Thank You for the victory that is already mine through Jesus Christ. Amen.”

