



GUIDED BIBLE STUDY

Do Not Be Anxious About Tomorrow

Speaker: Rob Riedel

Highlighted Scripture

Matthew 6:25–34

Jesus teaches us not to be consumed with worry about our lives—what we will eat, drink, or wear. God cares for creation, and we are even more valuable to Him. Worry cannot add anything to our lives, but trust in God brings peace. When we seek God first and live in alignment with Him, He provides what we truly need. Each day has its own concerns, so we are called to trust God one day at a time.

Discussion Questions

- **What are the main things in your life that tend to cause anxiety or worry?**
- **Why do you think Jesus specifically tells us not to worry about tomorrow?**
- **How does trusting God change the way you handle uncertainty?**

- **What does it mean in your life to “seek first the kingdom of God”?**
- **How can remembering God’s past faithfulness help you face current fears?**

Reflection Challenge

Focus on releasing anxiety and trusting God daily.

Ask yourself:

- **Am I carrying worries that I need to surrender to God?**
- **Do I try to control outcomes instead of trusting God with them?**
- **Am I focusing more on “what if” or on God’s promises?**

Try this:

- **Each day, write down one worry and intentionally give it to God in prayer**
- **Replace anxious thoughts with truth from Scripture**
- **Practice focusing on today instead of projecting into tomorrow**

Remember

- **Worry does not change outcomes, but trust changes perspective**
- **God already knows what you need**
- **You are valuable to God—more than anything in creation**

- **Peace comes from trusting God one day at a time**

Prayer

Father God,

Thank You for caring deeply about every detail of my life.

Help me to release my anxiety and trust You with what I cannot control.

Remind me daily that You are my provider and my peace.

Teach me to focus on today and to seek You above everything else.

In Jesus' name,

Amen.

