

We can defuse anxiety by fixing our focus.

“Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?” Matthew 6:26-27

Learn from nature and lift up prayer.

“Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?” Matthew 6:28-30

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 ESV

When we put God’s kingdom first, he provides for us next.

“But seek first the kingdom of God and his righteousness, and all these things will be added to you.” Matthew 6:33

Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. 2 Corinthians 5:20–21 ESV

Let’s Talk About It

In uncertain times, we can calm anxiety by shifting our focus from our fears to God’s faithful care. Jesus reminds us through nature—the birds and lilies—that if God provides for them, He will surely provide for us. We’re invited to respond not with worry but with prayer, trusting God with every need. When we seek God’s kingdom first, He promises to take care of the rest. Our identity as ambassadors for Christ means we live with confidence in His provision and purpose, not fear.

Matthew 6:25-33; Philippians 4:6-7; 2 Corinthians 5:20-21

Discussion questions:

- **Rooted starts September 7!** At Rooted, you'll discover the power of the Gospel and develop tools to help you read the Bible consistently, pray confidently and share your faith with others. Register on the app.
- Which part of the message impacted or challenged you?
- Read Matthew 6:25-33. When anxiety starts to build in your life, what usually captures your focus? How does that compare to Jesus' instruction in Matthew 6? Why do you think God uses creation (like birds and flowers) to teach us about trust?
- Read Philippians 4:6-7. How have you seen prayer produce peace in your life? Why do you think prayer has the power to change our perspective even if it doesn't change our circumstances?
- Read 2 Corinthians 5:20-21. How does knowing you are an ambassador of Christ affect the way you approach provision, peace, and purpose? (Where is God inviting you to live with bold trust this week?)

Take a Step

Where is God inviting you to live with bold trust this week? What step will you take?

Here’s My Prayer

God, thank You for being a faithful provider who sees and cares for every detail of our lives. Help us release our anxiety and trust You fully—especially when we can't see the way forward. Teach us to seek Your kingdom first and rest in the peace You promise. In Jesus’ name, amen.