

***Do Not Worry – Matthew 6:31-34***

**Step One** – Read the passage through slowly, taking time to really let it sink in. Maybe even read it a second time through before you move on. Circle or underline any words or phrases that jump out at you.

***Matthew 6:31-34***

*<sup>31</sup> Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ <sup>32</sup> For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. <sup>33</sup> But strive first for the kingdom of God<sup>[a]</sup> and his<sup>[a]</sup> righteousness, and all these things will be given to you as well.*

*<sup>34</sup> “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.”*

**Step Two:** Taking each word or phrase that jumped out at you, ask yourself:

- 1- What is happening in this story that makes these words/phrases meaningful in the story?
- 2- What is the Holy Spirit doing through *these* words in this story?

**Step Three:** Looking at each word/phrase and your response to each, ask yourself,

- 1- “What do I think these words/phrases say about God/Jesus?”
- 2- “What do I think these words/phrases say about the others in the story?”

**Step Four:** Now ask yourself:

- 1- “What do I think God is saying to me in each of these?”
- 2- “How do these words/phrases connect to each other?”
- 3- “How do these words/phrases connect to me and my life?”
- 4- “Why do I think God is speaking to me regarding this?”

**Step Five:** Pray, asking God to show you how you should respond to these insights from your study today.

**Step Six:** Make yourself a little note or reminder of some sort to help you work on this for the rest of the week.

**Step Seven**: Put the reminder in a place that will help you remember your discipline of working on this insight, like:

- 1- The Refrigerator door
- 2- Car dashboard
- 3- Bathroom mirror
- 4- Nightstand
- 5- Cellphone cover
- 6- Anywhere that will help you in your practice of your discipline.