Passage Guide
Why Do I Worry So Much? | Week 7
Matthew 6:19-34 (Primary Passage)
October 25th, 2026

MESSAGE SUMMARY

You live in a world filled with uncertainty, and it is easy to worry about your finances, family, health, and future. Jesus teaches that lasting peace does not come from controlling your circumstances but from trusting your heavenly Father. He calls you to treasure what lasts, see your resources with a generous heart, and serve God rather than money. Through the example of birds and flowers, Jesus reminds you that your Father knows your needs and cares for you. Instead of being ruled by worry, you can seek God's kingdom first, surrender your concerns to Him, and trust His presence and promises one day at a time.

MAIN POINTS

1. Two Treasures (Matthew 6:19–21) Earthly treasures are temporary, vulnerable, and perishable; heavenly treasures are lasting and secure. What you value most will eventually shape your life. (Supporting Scripture: James 5:1–3)

2. Two Ways of Seeing (Matthew 6:22–23 A good eye reflects a generous heart; a bad eye reflects greed and selfishness. When money becomes your focus, it distorts your vision. (Supporting Scripture: Proverbs 22:9; Deuteronomy 15:9)

3. Two Masters (Matthew 6:24) You cannot serve both God and money; one will ultimately rule your heart. Either your relationship with your stuff will determine your relationship with God, or your relationship with God will determine your relationship with your stuff. (Supporting Scripture: Psalm 20:7; Proverbs 3:5–6)

4. Two Ways of Living (Matthew 6:25–34) Worry focuses on what you cannot control; faith trusts your heavenly Father, who knows what you need. Seek God's kingdom and righteousness first, and trust Him with tomorrow. Don't let tomorrow's worries steal today's peace. (Supporting Scripture: 1 Peter 5:7; Philippians 4:6–7; Colossians 3:1–2)

Big Idea: Peace comes from trusting God, not controlling life.

DISCUSSION QUESTIONS

1. Why does Jesus connect what you treasure with the condition of your heart? (Matthew 6:19–21) *Possible answer:* What you value most receives your attention, time, and resources. When you treasure God and His kingdom, your choices begin to reflect His priorities rather than the temporary things of this world. *(Colossians 3:1–2)*

2. What does Jesus teach you about God's character and your worries? (Matthew 6:25–34) *Possible answer:* God is a loving Father who knows my needs and cares for me. He does not promise a trouble-free life, but He calls me to trust His care and seek His kingdom rather than let fear control me. *(1 Peter 5:7; Philippians 4:6–7)*

3. What worry is stealing your peace right now, and what would it look like to surrender it to God? *Possible answer:* I am worried about my family's future. I can pray honestly about my concerns, remember God's faithfulness, and take the next right step without trying to control every outcome. *(Philippians 4:6–7)*

4. What currently receives most of your time, attention, or money and what does that reveal about your treasures? *Possible answer:* I spend too much time pursuing comfort and financial security. I can realign my priorities by investing in my relationship with God, serving others, and giving generously. *(Matthew 6:19–21; Proverbs 22:9)*

GOSPEL CONNECTION

You cannot overcome worry simply by trying harder to control your thoughts or circumstances. Your deepest need is to trust the God who made you and sent His Son to save you. Jesus died for your sins and rose again so you can be forgiven, reconciled to God, and live in the peace that comes through Him *(Romans 5:1; Ephesians 2:14).*

If you have not trusted Christ: Turn away from your sin and your efforts to make life work on your own terms. Admit your need for God's forgiveness, turn to Jesus, and put your faith in Him alone to save you and give you new life *(Mark 1:15; Ephesians 2:8–9).*

If you are already a believer: Remember that you have been welcomed into God's family through Christ. Turn away from the ways you rely on yourself, let money or possessions rule you, or allow worry to crowd out your trust in God. Bring your concerns to your Father, rest in His grace, and seek His kingdom first *(Romans 8:15–16; 1 Peter 5:7).*

DAILY DEVOTIONS

Monday — What Are You Treasuring?
Read: Matthew 6:19–21
Key Verse: “For where your treasure is, there your heart will be also.” (Matthew 6:21)
Reflection: You naturally give your time, attention, and energy to the things you value most. Jesus reminds you that earthly possessions and achievements will not last, but what you do for God's kingdom has eternal value. When you put God first, your heart and priorities begin to reflect what matters most to Him.
Application Question: What is one way you can invest more of your time, attention, or resources in things that matter to God? *Possible answer:* I can spend intentional time with God, serve someone in need, or use my resources to support ministry.
Prayer Response: Heavenly Father, help me see what I truly treasure. Forgive me for the times I have placed temporary things ahead of You. Teach me to invest my time, attention, and resources in what matters to Your kingdom. In Jesus' Name, Amen.

Tuesday — Check Your Vision
Read: Matthew 6:22–23; Proverbs 22:9
Key Verse: “Whoever has a bountiful eye will be blessed, for he shares his bread with the poor.” (Proverbs 22:9)
Reflection: The way you view money and possessions affects how you live and treat others. When you focus on getting more for yourself, you can become blind to the needs around you; when you see what you have as something God has entrusted to you, generosity becomes a natural response. Ask God to help you see people and opportunities to give through His eyes.
Application Question: Who could you bless this week through a practical act of generosity? *Possible answer:* I can provide a meal, help someone with a need, give to someone facing a difficult time, or offer my time to serve another person.
Prayer Response: Father, please help me see beyond my own wants and desires. Show me someone I can encourage or help this week, and give me the willingness to act. In Jesus' Name, Amen.

Wednesday — Who Is Your Master?
Read: Matthew 6:24; Proverbs 3:5–6
Key Verse: “You cannot serve God and money.” (Matthew 6:24)
Reflection: Money is useful, but it makes a poor master because it cannot give you lasting peace, security, or purpose. When you trust money, possessions, or your own ability to control life more than God, those things can begin to rule your decisions. God invites you to trust His character and wisdom and let your relationship with Him guide how you use everything He has given you.
Application Question: Is there an area of your life where you are trusting money, possessions, or your own control more than God? *Possible answer:* I may be relying on financial security to make me feel safe. I can plan wisely while remembering that my ultimate security is found in God, not in the amount I own.
Prayer Response: Lord, show me where I have allowed money, possessions, or the desire for control to take Your place. Help me make wise choices while depending on You as my faithful Father. In Jesus' Name, Amen.

Thursday — Your Father Knows What You Need
Read: Matthew 6:25–32; 1 Peter 5:7
Key Verse: “Casting all your anxieties on him, because he cares for you.” (1 Peter 5:7)
Reflection: When worries about your family, finances, health, or future begin to overwhelm you, remember that your heavenly Father knows what you need and cares deeply for you. Jesus points to the birds and flowers to remind you that God's care extends throughout His creation, and you are valuable to Him. Trusting God does not mean you will never face difficulties; it means you do not have to face them alone.
Application Question: What specific worry do you need to bring to God today rather than carry by yourself? *Possible answer:* I am worried about a family member's future. I can pray for that person, take the wise steps available to me, and trust God with what I cannot control.
Prayer Response: Heavenly Father, thank You that I do not have to carry them alone. Help me trust Your care when I cannot see what lies ahead, and give me the courage to take each day one step at a time. In Jesus' Name, Amen.

Friday — Seek First God's Kingdom
Read: Matthew 6:33–34; Philippians 4:6–7
Key Verse: “But seek first the kingdom of God and his righteousness, and all these things will be added to you.” (Matthew 6:33)
Reflection: God does not ask you to figure out every detail of tomorrow before you can have peace today. Jesus calls you to put God's kingdom first, trust your Father with your needs, and faithfully do what He has placed before you today. As you bring your concerns to God in prayer and follow His direction, you can experience His peace even when your circumstances are difficult.
Application Question: What is one change you can make next week to seek God's kingdom first instead of allowing worry to set your priorities? *Possible answer:* I can begin each morning with prayer and Scripture before checking my phone, ask God to guide my decisions, and focus on faithfully doing what He has called me to do today.
Prayer Response: Father, forgive me for the times I have tried to control tomorrow instead of trusting You today. Help me seek Your kingdom first, grow in Your grace, and experience Your peace as I follow Jesus one day at a time. In Jesus' Name, Amen.