



# WE BELIEVE

EXPLORING THE NICENE CREED

## STUDY GUIDE FIVE – FROM SERMON ON FEB 15/26

Jesus calls His followers to trust their heavenly Father instead of being ruled by worry and anxiety (Matthew 6:25-34). He speaks to real needs and real pressures, yet reveals that worry often exposes deeper questions of trust, focus, and allegiance. As we work backward through Matthew 6:19-34, we uncover four heart questions that help us see where anxiety quietly takes root. Together we are invited to seek God's kingdom first and entrust tomorrow into the Father's faithful hands.

### LET'S GET STARTED!

When you hear the words "Do not worry," what is your honest first reaction?

What is one small habit or activity that helps you feel calm or grounded during stressful seasons?

### WHAT IS MY TREASURE?

Begin your time by reading **Matt 6:25-34**.

What examples from creation does Jesus use, and what do they reveal about the Father's care?

How does contentment (**1 Timothy 6:6-8**) guard our hearts against anxiety?

### WHERE IS MY FOCUS?

How does what we consistently focus on shape our emotional and spiritual health?

How does **Philippians 4:8** help us redirect our attention in anxious seasons?

### WHO IS MY MASTER?

Why does Jesus say we cannot serve two masters?

What "masters" today most compete for our trust (money, control, approval, success etc)?

According to **Psalms 62:5-8**, what does it look like to rest in God alone?

### WHO TAKES CARE OF ME?

What examples from creation does Jesus use to show the Father's care?

According to **Matthew 6:32**, what does the Father already know about our needs?

What does it practically mean to "cast all your anxiety on Him" (**1 Peter 5:7**)?

### THE WAY FORWARD — SEEK FIRST THE KINGDOM

What does it mean to "seek first" the kingdom of God in everyday life?

How does focusing on today (**v.34**) reshape the way we think about tomorrow?

How do God's "new mercies every morning" (**Lamentations 3:22-23**) strengthen daily trust?

### CLOSING REFLECTION

What is one specific worry you need to entrust to God this week?

How can your group pray for one another in areas of fear, anxiety, or uncertainty?

**CLOSE YOUR TIME TOGETHER BY PRAYING FOR EACH OTHER**

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