

Trusting Jesus

A One Week Bible Study Guide

Primary Passage: Matthew 6:25–34

Introduction

Trusting Jesus can feel simple when life is predictable. It becomes much harder when we do not know what will happen next. In Matthew 6:25–34, Jesus speaks directly to worry, uncertainty, and our desire to control the future. He reminds us that worry cannot give us control over tomorrow, but we can still choose to be faithful today.

During this five-day study, you will examine where trust becomes difficult, what worry may reveal about your desire for control, how the Father's care changes the way you face uncertainty, and what it means to take the next faithful step. The goal is not to pretend that tomorrow does not matter. It is to learn how to follow Jesus today without trying to carry tomorrow at the same time.

Day One: What Am I Controlling?

Scripture: Matthew 6:25–27

Key Thought: Worry often reveals the places where we desperately want control but do not actually have it.

Jesus tells His followers not to worry about everyday needs such as food, drink, and clothing. These are not imaginary concerns. They are real parts of life. Yet Jesus points out an important limitation of worry: it cannot add anything to our lives.

We can spend enormous amounts of energy thinking about what might happen without gaining any more power over the outcome.

The question is not simply, *“Why am I worried?”* A deeper question may be, *“What am I trying to control?”*

Questions

- What situations are causing you the most worry right now?
- When you think about those situations, what outcome are you trying to control?
- How much time and emotional energy are you spending thinking about something you cannot control?
- How does Jesus' question in Matthew 6:27 challenge the way you normally respond to worry?

Reflection

Think honestly about the places where trusting Jesus is difficult for you. Trust may feel easier in one area and much harder in another. You may trust Him with salvation but struggle with finances. You may trust Him with your family but struggle with your career or future.

Worry does not necessarily mean that something is unimportant. It may simply reveal that you are trying to carry something that is beyond your control.

Daily Prayer

Jesus, help me recognize the places where worry has become an attempt to control what I cannot control. Show me where I am struggling to trust You, and help me face those areas honestly today.

Day Two: Your Father Knows

Scripture: Matthew 6:28–32

Key Thought: We face uncertainty knowing that our heavenly Father already knows what we need.

Jesus points His listeners toward the birds and the flowers and then reminds them that their heavenly Father knows their needs.

The presence of uncertainty does not mean that God is unaware of what is happening. Before you know how tomorrow will unfold, your Father already knows what you need.

That does not answer every question about the future. It does give us a different place from which to face those questions.

Trust is not built on knowing what happens next. Trust is built on knowing the One we are following.

Questions

- What needs are you most concerned about right now?
- How does it change your perspective to remember that your heavenly Father already knows about those needs?
- Are you waiting to trust Jesus until you understand what is going to happen?
- Where is it hardest for you to say, “I do not know what happens next, but I know who I am following”?

Reflection

Much of our worry comes from wanting the certainty of knowing what happens next. We want answers about our family, finances, future, career, or other circumstances.

Jesus does not give His listeners a detailed explanation of everything that will happen tomorrow. Instead, He points them toward the Father who already knows what they need.

You may not know what happens next. You can still know who you are following.

Daily Prayer

Father, You already know what I need and what I am facing. Help me trust You even when I do not know what happens next. Teach me to place my confidence in You rather than in having every question answered.

Day Three: Trust Is Not Passive

Scripture: Matthew 6:33

Key Thought: Trusting God does not mean doing nothing. It means faithfully doing what Jesus asks us to do today while trusting Him with what we cannot control about tomorrow.

Sometimes what we call trust is really passivity with spiritual language wrapped around it.

We can say, “I’m trusting God for a job,” while never filling out an application. We can say we are trusting God with our finances while refusing to change financial habits that

need to change. We can say we are trusting God with a broken relationship while avoiding the conversation, apology, or forgiveness that we know needs to happen.

Jesus tells His followers to seek the Kingdom of God above everything else. Trust is not an excuse to stop being faithful.

You may not be able to control tomorrow, but you can obey Jesus today.

Questions

- Is there an area where you have confused trusting God with doing nothing?
- Is there something you know you need to do, but you have been avoiding it while waiting for circumstances to change?
- What would faithfulness look like today in the situation you are worried about?
- What is one action that is within your responsibility, even though the final outcome is outside your control?

Reflection

There is an important difference between control and responsibility.

You cannot control every outcome, but that does not mean there is nothing for you to do. Trusting Jesus means being faithful with what is in front of you while leaving what you cannot control in His hands.

You do not need control of tomorrow in order to be faithful today.

Daily Prayer

Jesus, show me where I need to act faithfully instead of hiding behind passivity. Help me obey You in what I can do today and trust You with the outcome I cannot control.

Day Four: Do Not Carry Tomorrow

Scripture: Matthew 6:34

Key Thought: Jesus does not ask us to live tomorrow today.

Jesus ends this teaching by telling His followers not to worry about tomorrow because tomorrow will bring its own worries. Today already has enough trouble of its own.

We often create additional weight by trying to live two days at the same time.

We carry today's responsibilities while also carrying tomorrow's possibilities. We replay questions such as, "*What if this happens?*" or "*What if that goes wrong?*" until a future that has not arrived begins controlling the present.

But tomorrow is still going to tomorrow.

You do not have to carry tomorrow today.

Questions

- What future situation are you already carrying as though it has happened?
- What "what if?" question keeps returning to your mind?
- How is worry about tomorrow affecting your ability to be present and faithful today?
- What would it look like to deal with today's responsibilities without also carrying tomorrow's possibilities?

Reflection

Jesus does not say that tomorrow will contain no trouble. He says today has enough trouble of its own.

The invitation is not to deny the future. It is to stop trying to live there before it arrives.

You have today. You have the responsibilities and opportunities that are in front of you now. Tomorrow can remain tomorrow.

Daily Prayer

Jesus, I give You the tomorrow I keep trying to carry today. Help me stop living inside possibilities that have not happened. Give me the grace to be present and faithful with the day that is actually in front of me.

Day Five: The Next Faithful Step

Scripture: Matthew 6:25–34

Key Thought: You do not have to know step ten before you take the next faithful step.

Trust does not require you to know exactly how everything will turn out.

You may still have unanswered questions. You may still be uncertain about your family, finances, career, future, or another situation that has been keeping you awake at night.

The question becomes: *What can I faithfully do today?*

You can obey Jesus today.

You can take the next faithful step.

You do not have to know step ten. You just have to take the next step.

Questions

- What situation in your life currently creates the most uncertainty?
- What part of that situation is outside your control?
- What part of it is your responsibility today?
- What is the next faithful step you can take without knowing what happens after that?

Reflection

Following Jesus does not mean that you will always know what is coming next. Trust means that uncertainty does not have to stop you from being faithful.

You may not have the map for everything ahead. You may not know how the situation will end. But you can look at what Jesus has placed in front of you today and take the next faithful step.

You do not have to carry tomorrow today.

You do not have to know step ten.

You can say, *"I don't know what happens next, but I know who I'm following."*

Daily Prayer

Jesus, I do not know everything that comes next, but I want to keep following You. Help me release what I cannot control, be faithful with what You have placed in front of me today, and take the next step in trust.