

**New Faith Church
Rev. Andre J. Lewis, Pastor
Bible Study Handout**

“LIVING IN THE GRIP OF ANXIETY”

**Matthew 6:30-34 – Part 2
Theme: Surrender Your Anxiety to God**

Key Message:

Jesus provides the ultimate solution to anxiety: **surrender**. By trusting God’s power, releasing control, and resting in His promises, we can overcome worry and live in peace.

1. Trust in God’s Power (Matthew 6:32)

“Your Heavenly Father knows that you need them all.”

- **Contrast Between Believers and Unbelievers:**

Gentiles worry because they don’t trust in God’s power; as believers, we have assurance of divine provision.

- **Key Insight:**

Anxiety thrives in self-reliance. Trust in God replaces worry with peace.

- **Life Application:**

1. **Remember God’s Track Record:** Reflect on past instances of God’s provision.
2. **Stop Acting Like You’re on Your Own:** Trust your Heavenly Father to provide.
3. **Pray with Confidence:** Bring your needs to God (Philippians 4:6-7).
4. **Focus on God’s Kingdom:** Prioritize His will over your worries (Matthew 6:33).

Notes:

2. Release Control to God (Matthew 6:33)

“But seek first the kingdom of God and His righteousness, and all these things will be added to you.”

- **Shift from Self-Reliance to God-Reliance:**

Jesus calls us to prioritize God's kingdom, trusting Him to provide for our needs.

- **Exegesis of Passage:**

- **"Seek first the kingdom of God":** Actively pursue God's authority in your life.
- **"And His righteousness":** Align your life with God's character.
- **"All these things will be added to you":** God promises to meet your needs.

- **Life Application:**

1. **Realign Your Priorities:** Make God's kingdom your first pursuit.
2. **Let Go of Worry:** Surrender fears through prayer.
3. **Live Righteously:** Align your actions with God's will.
4. **Trust God's Provision:** Rest in His promise that He will provide.

Notes:

3. Rest in God's Promises (Matthew 6:34)

"Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

- **Focus on the Present:**

Jesus calls us to live fully today, trusting God to handle tomorrow's challenges.

- **Exegesis of Passage:**

- **"Do not worry about tomorrow":** Trust God's provision for the future.
- **"Tomorrow will be anxious for itself":** Worry about tomorrow solves nothing.
- **"Sufficient for the day is its own trouble":** God provides grace for today's challenges.

- **Life Application:**

1. **Live One Day at a Time:** Focus on today's blessings and challenges.
2. **Remember God's Faithfulness:** Let past provision strengthen your faith for the future.
3. **Trust God with Tomorrow:** Commit your future to Him in prayer.
4. **Anchor Yourself in Scripture:** Memorize promises like Lamentations 3:22-23 to find daily peace.

Notes:

Key Takeaway:

Surrendering anxiety is not weakness—it's wisdom. Trust God's power, prioritize His kingdom, and rest in His promises. Say to God, *"I can't fix this, but I know You can."*

Reflection Questions:

1. What worries are you carrying that you need to surrender to God?
2. How can you actively seek God's kingdom in your daily life?
3. What scripture can you memorize to remind you of God's faithfulness during anxious moments?

Final Encouragement:

Your Heavenly Father knows what you need. He is faithful to provide. Rest in His care, and His peace will guard your heart. Amen.