



MATTHEW 6:25-34 WEEK 2

This week our theme within this great passage is

“Instructions and Commands”

See, throughout these verses, Jesus gave us instructions and commands in regards to being anxious. The exercises listed below will lead you into meditating on them, and strengthening your soul to live by them.

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS) IN THE FOLLOWING EXERCISES THIS WEEK

1. Copy Matthew 6:25-34

Yes, write it out again 😊

2. Memorize Matthew 6:33 ... if you already know this verse, memorize Matthew 6:25

Make sure to review Matthew 6:26 that you memorized last week too.

*Tips for memorizing Scripture are available on our website under Women’s Ministry/Resources/Memorization Projects

3. Search... Highlight... Look Closely...

Throughout these verses, Jesus gave 6 instructions/commands in regards to being anxious. So...

- Search through the verses to find them.
- As you do, highlight and write them down.
- Then, look closely to see how they are the same, yet different. Look closely to see how some tell us what to do, and others what not to do. Write out your findings.

*Don’t include His questions... those will come later

4. Put it into Action

Pick one of the following of Jesus’ instructions/commands and put it into action.

- Spend some time bird watching in light of verse 26. Journal your thoughts...
- Spend some time observing the flowers of the field in light of verses 28-30. Journal your thoughts...

*Can’t get outside to do these things? Google can be a great option 😊.

5. His heart / Your heart

- Consider **Jesus’ heart** as He speaks these 6 instructions/commands and **your heart** to receive them.
- Include all 6, but make sure to give extra time to His command in verse 33, *“Seek first His Kingdom...”* Consider His heart in that command and your heart in living it out. Journal your thoughts.

*a simple definition of *“His Kingdom”* is found tucked into the conversation of Romans 14:17. Look this verse up and use its definition of *“the Kingdom of God”* as a backdrop to your exercise.

6. Pray

- Use the Scripture Prayer Image shared this week to talk to God about Matthew 6:33.
- Pray for others in your life to seek Him first too.



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