



MESSAGE NOTES

Guidance — From Worry to Trust

Matthew 6:25–34; Matthew 7:12

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1. Do Not Worry — Trust Your Father

Guidance: Starts by trusting the guide.

Matthew 6:25 — “Therefore I tell you, **do not worry about your life**, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? **26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

Jesus says worry is useless.

Matthew 6:27 “Can any one of you by worrying add a single hour to your life?”

2. Seek God’s Kingdom and His Righteousness

Jesus says: "Seek first the Kingdom of God."

Matthew 6:33 “But **seek first his kingdom** and his righteousness, and all these things will be given to you as well.”

What will God give you? In the In the Book of Matthew, Jesus says the Father gives "all these things". In the Book of Luke, Jesus says the Father gives “the Holy Spirit.”

3. Treat Others the Way God Treats You

Guidance is not only about making a choices. Guidance is about your character as you follow Him.

Matthew 7:12 “So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

Conclusion: From Worry to Trust

Guidance is not only about finding the "right path." It is about becoming a person who trusts the Father.

When we stop worrying, trust God for what we truly need, and treat others with the same love God shows us, we move from worry to trust.

When we take the burden off our shoulders and place it into God’s hands, that is when we can receive guidance from the Holy Spirit.