

## Day 3 – Trust Over Worry

### Scripture

Matthew 6:33–34 – “But seek first His kingdom and His righteousness, and all these things will be added to you. So do not worry about tomorrow...”

### Reflection

Worry consumes energy but never produces solutions. Jesus points to birds and flowers; if God cares for them, how much more for His children? The cure for worry is not working harder, but trusting deeper, seeking first His kingdom and letting God provide.

### Illustration

A child doesn't lie awake wondering if there will be breakfast tomorrow; they trust their parent will provide. They have that trust because their parent has always provided breakfast for them. Think back across all the times in your life that God has provided for you. God has proven His faithfulness time and time again; we need to trust Him.

### Application

- Name one worry you've been holding tightly.
- Pray specifically about releasing it into God's hands, replacing it with seeking His kingdom first.