



### **Lesson 3 His Will, Not My Own** Teacher: Beth Seifert

Read Matthew 6:25-34. How do Paul's actions reflect Jesus' words in this passage?

Read James 4:13-15. Knowing that we are not guaranteed even one more day, re-read Matthew 6:25-34. What things are you worrying about today that you need to give up to Him?

Read Colossians 3:18-25. Who are we truly submitting to when we submit to our husbands? Who are we truly working for in all our endeavors? What should be our attitude then, as we submit and work in our endeavors?

Re-read Matthew 6:33. What are we to seek first? Describe how it would look, in your life, if you truly sought Him first in everything....instead of bringing Him along as an afterthought?

Read Acts 9:36-42. How is Tabitha (Dorcas) described here? What was the attitude of her heart?

Looking at the example of Dorcas, and the words of Jesus in Matthew 6, we can clearly see that we are called not to anxiety, but to trust in the Lord. Spend some time today and consider the top 5 anxiety inducing things in your life. Ask God to open your eyes to how you are refusing to trust Him in those things. Ask Him to help you to trust Him and release those anxieties to Him, today.