



WEEK 4

What's something that causes a lot of stress or anxiety for students right now?

When you feel anxious, where do you normally go first for comfort or distraction?

Read Matthew 6:33-34. What stands out to you most from Jesus' words?

Why do you think people try so hard to control the future?

The teaching said: "You cannot control tomorrow, but you can trust God today."

What does trusting God today actually look like?

What are some ways anxiety steals peace, joy, or presence from people?

What's one practical way you could seek God first this week before stress or social media takes over?

End by sharing one thing you want prayer for and pray together as a group.