

## Study Guide for January 11, 2026 | Stop Thinkin' about Tomorrow

The Christmas season is over, and the new year is here. There is one more present you still need to unwrap... one day at a time! Perhaps you've heard this saying before:

*“Yesterday is history. Tomorrow is a mystery. Today is the present, that’s why they call it a gift.”*

It's a bit cliché, but true, nevertheless. This series explores a variety of topics related to the gift of every new day. Let's see what God's word has to say!

**Read Matthew 6:19-34, focusing on verses 33 and 34.**

19 “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also. 22 “The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. 23 But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! 24 “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. 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? 27 Can any one of you by worrying add a single hour to your life? 28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

MORE ON THE BACK!

## Start a conversation regarding the key points below.

In 2026, seek first the Kingdom of God. Stop thinkin' about tomorrow...

1. Divided treasure → your heart is pulled apart
2. Divided vision → your perception becomes darkened
3. Divided devotion → you try to serve two masters
4. Divided inner life → anxiety tears you in pieces

Jesus offers the antidote:

1. Single pursuit → seek first the kingdom
2. Single trust → your Father knows what you need
3. Single day → live faithfully in the present

This is not a command to “stop feeling anxious.” It is an invitation to reorder allegiance so that anxiety loses its authority.

First, connect each point to the corresponding verses in Matthew 6:19-34 above. Next, suggest additional Scripture that can be used as a cross-reference for support. Pick one from the list below or use one of your own.

**Refs:** [Matthew 6:19-34](#); [1 Timothy 6:17-19](#); [Luke 11:34-36](#); [Joshua 24:15](#); [James 4:4](#); [1 Peter 5:7](#); [Philippians 4:6-7](#); [Proverbs 3:5-6](#); [Hebrews 13:5-6](#) [\[SPANISH\]](#)

## Ask questions related to each area above.

1. What stands out to you? Which point or verse speaks to you the most? Why?
2. What is one takeaway from this lesson? What insights did you gain? Summarize everything in one sentence.
3. How does this apply to your life? Suggest one way you can put this into practice this year.
4. Improve the following example by being more specific.

*I will stop worrying about tomorrow. Instead, I will seek first the Kingdom of God and His righteousness.*