

Do Not Worry
Matthew 6: 24-34

Do you worry about things? What are worries? Worries are things we are afraid of, scary things we think about, or things that we think might happen in the future. What are some things that worry you?

Short Activity:

1. Make a list of three worries on a piece of paper
2. Draw a heart around each worry
3. Find an eraser and erase your worry inside the heart. Now write God where your worry was written.

God doesn't want worries to crowd happy things out of our hearts. God is there to help us whenever we have worries. We can trust God to care for us.

Read the Bible story called Do Not Worry

In the story, Jesus talks about the beautiful birds and flowers to teach us about God's love. Try to answer these questions about the story:

What did Jesus teach us about the birds and flowers? (They don't worry. God makes sure they have food. God made each of them beautiful in their own way.)

What does Jesus want us to do instead of worry? (Trust that God will take care of us.)

Why do you think Jesus talked about worrying? (people worry, parents worry, kids worry...)

Turn to the activity sheet. Or if you don't have a printer, draw a picture of yourself surrounded by birds and flowers.

You are as beautiful as the birds and flowers!

Prayer:

Thank you, God for the swooping birds. Thank you for the colorful flowers. Thank you for making us beautiful. Help us to love and trust you. Amen