

Do Not Worry

Jesus taught his followers not to worry because God takes care of everyone and everything. “Look at the birds, look at the flowers—they do not worry,” Jesus said.

“God takes care of them.” We can put God first in our lives and trust God to take care of us.

What do you worry about? What helps you to stop worrying?

Key Verse

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34

GOD, help us not to worry. You take care of us wherever we go. Amen.

Try this!

Help birds not to worry about where they will get their food by making a simple bird feeder. With an adult, find a pinecone or empty toilet paper roll and a length of yarn or ribbon. Cover the pinecone or paper roll with a nut butter or honey and roll it in birdseed until it is covered with seed. If you use a pinecone, tie the yarn to the pinecone and then tie off a loop with the remainder. If you use a paper roll, thread the yarn through the tube and tie a knot. Hang it outside and watch what happens!

There's MORE to this story!

Read the WHOLE story in your Bible together! You can find it in the first Gospel in the New Testament: Matthew 6:24-34

In the Spark Story Bible, look for “Do Not Worry” on page 244.

