

## No Need to Worry

**Parents:** We all have stress, even kiddos! God knew life was going to be hard and speaks to us in His Word about worry. He lets us know that He loves us, He cares for us, and He wants us to put our trust in Him.

**Read:** *Matthew 6:25-34*

*"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? 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? Can any one of you by worrying add a single hour to your life?"*

*"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

**Discuss:** What does God say about the lilies of the field? *They are dressed, or look more lovely, than even a very wealthy king, King Solomon.*

What does God say about us? *He loves us even more than the flowers and will provide for us what we need. No need to worry; we should seek Him first.*

**Key Point:**

**God Provides for Us.**

God	(Point up to heaven)
Provides for us	(Give yourself a hug)

**Family Activity:** God tells us He cares for us more than flowers, as beautiful as they are. Let's make flowers to help us remember God's love and care for us. Use almost anything around the house to do the trick.

**Prayer:** Father God, We can't believe how good you are. We love you. There are sure a lot of things that stress us out! Thanks for reminding us that you love us so much and will always provide us with what we need. We thank you and love you. Amen.

**Next Steps:** Think about something you are worried about. Pray to God about it. Share your feelings and ask for His help.



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