



Family Worship Guide 13

Look Up and Read Together

Matthew 6:25-34. Keep your Bible open for later.

Talk Time

- What is worry? It's when you're afraid of what might happen.
- What's the opposite of "large"? What's the opposite of "heavy"? What's the opposite of "negative"? What's the opposite of "worry"? The opposite of worry is to trust.
- God wants you to trust Him to take care of what you need. When you're busy worrying, you're not spending time thinking about the things God wants you to think about.
- How does Satan use worry to rob you? Worry robs you of time. Worry robs you of being happy with what you have. Worry robs you of peace, because your heart is always troubled by what's worrying you. Worry robs you of trusting God completely.
- Tell Satan that you're not going to worry today. Say, "Not today, Satan!"

A Little Science

You'll need: clear container, long-handled spoon, food coloring, water, oil.

Fill the clear container halfway with water and add 2 or 3 drops of food coloring. Stir. This water represents you trusting God. Now, pour in a couple of tablespoons of the oil. The oil represents you worrying. Stir. Stop stirring and watch. What happens to the oil and water? They separate.

Trusting God and worrying don't mix. Trusting God means that you count on God being in control. He is everywhere, all the time, and knows everything about everything! If you really believe that, then there's no room for worrying, because worrying is when down deep you're not sure God is really in control and can handle whatever is happening in your life.

No matter how hard you stir, the water and oil will not mix ... trusting God and worrying DO NOT mix. They don't go together!

Which Verse

Look at Matthew 6:25-34. In which verse can you find the answer to the question?

1. Which verse says that you can't make your life longer by worrying? (vs. 27)
2. Which verse talks about not worrying about clothes, because God even gives the flowers beautiful clothes? (vs. 28)
3. Which verse says that God takes care of the birds and will take care of you? (vs. 26)
4. Which verses tell you that God knows what you need? (vs. 31 & 32)
5. Which verse tells you to make seeking God your main thing? (vs. 33)
6. Which verse says that worrying comes from having too little faith? (vs. 30)

Are You a Good Shot?

Use the largest marker you have to write—real big—one thing you worry about across a paper. (This can be paper that's already been used and is ready to be thrown out anyway. The marker will go right over whatever is on the paper.) Each person should make 4 of these, indicating 4 different things they worry about. Put a laundry basket or some mid-size container in the middle of the room. Now, designate 4 locations around the room (standing on a chair, by the window, standing on one foot at the front door, with your head between your knees, etc. ... get as absurd as you like).

Take turns going to each designated place. Wad up one of your papers, shout what is written on it, and throw it at the container. If it goes in, say, "Take my worry, God!" If it doesn't go in, then pick it up where it landed and shoot again from that spot. Continue doing that until the paper wad makes it into the container. But, shout "Take my worry, God!" when it goes in, no matter when.

Pray Together

Dear God, I want to trust You with everything in my life. I believe You are in control and can take care of whatever is worrying me. Instead of worrying, I choose to trust You, God. Amen.

