



Devotion Guidelines:

1. Keep it short and interactive
2. Read the Scripture passage together with each person reading a verse
3. Ask questions about each verse
4. Ask each child how they will apply what they have learned from the verses. (Even your young children) You, as a parent, also share what you will apply. Remember that Bible study is for application and transformation not just for information.)
5. Pray together as a family (You and your children can take turns praying)
  - For each other's requests
  - To ask for God's help to apply what you have learned

**Read Together:**

**Matthew 6:25-34** <sup>25</sup>“For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup>Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? <sup>27</sup>And who of you by being worried can add a single hour to his life? <sup>28</sup>And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, <sup>29</sup>yet I say to you that not even Solomon in all his glory clothed himself like one of these. <sup>30</sup>But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! <sup>31</sup>Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’ <sup>32</sup>For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. <sup>33</sup>But seek first His kingdom and His righteousness, and all these things will be added to you. <sup>34</sup>“So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.



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**Talk Together:**

1. What are the things that you usually worry over? Do you think it is okay to worry? Why or why not?
2. Why do you think Jesus tells us not to worry?
3. In verses 26-29, what examples did Jesus use to emphasize that we don't have any reason to worry?
4. Knowing that God is our Heavenly Father, how then should that impact our attitude towards the things that we need?
5. In verses 33-34, instead of worrying what then should we do? How are we going to "seek God's kingdom"?

**Conviction:**

I will surrender my worries to the Lord knowing that He is my Heavenly Father and that He will take care of me. I will instead focus on being who He wants me to be and do what He wants me to do.

**Application:**

What is the one thing you spend most of the time worrying over? How can you learn to surrender that to the Lord and trust Him?

**Pray Together:**

Heavenly Father, please forgive us whenever we worry because in doing so, we doubt Your goodness and promises to us. Help us to have an attitude that trusts in You and depends on You. In Jesus' Name, Amen.

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