

THIS WEEK'S EXPERIMENT:

Trading My Worries Away

(Matthew 6:26-33)



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.

1. What are some things that you worry about?
2. Jesus describes three things he created that do not worry about anything. What were the things that he says do not worry? Why don't they worry?
3. Think of other things God created that do not worry. (Feel free to get silly with this. Think of ANYTHING in nature!) Imagine if they *were* to worry about something what would it be?
4. Sometimes, we worry because we are more focused on our own plans than on God's plans. Jesus says if we seek his kingdom and righteousness first, God will give us all the things we need.
5. THIS WEEK'S EXPERIMENT: This week we are going to trade our worries for something else. The next time you catch a family member worrying about something, ask, "Would you like to trade in your worries?" Take time to think about what God has to offer instead and pray right there, on the spot, that God would help you to seek first his kingdom and righteousness.