

# Take Away "Do Not Worry" Matthew 6:25-30

## Bible Story

Today we're going to think about something Jesus said. You can read along below, watch the video at <https://youtu.be/OH6FXmU5Kc0> or find the story in your own Bible in Matthew chapter 6, verses 25-30.

Jesus told the people: "Don't worry about what you are going to eat or what you are going to wear. Look at the birds! They don't worry about what to eat, they don't need to work hard to grow food or fill their store cupboards because God feeds them, and you are far more important to God than they are. You can't change anything by worrying, it won't help you live any longer.

And don't worry about your clothes. Look at the flowers in the fields, they don't worry about how they look but even the greatest of Kings didn't wear colours as beautiful as theirs. If God cares so much about the flowers, which are here one day and gone the next, won't he care even more about you?"

## Explore

In Ground Breakers we've been using two memory phrases to help us explore the Bible. How can they help us understand what Jesus is saying here?

### God keeps his promises.

- Can you remember times in the Bible where God kept a promise to someone?
- Make a list or chat with someone and see how many you can come up with.

### God loves us with a never stopping, never giving up, unending, always and forever love.

- This story says that God has promised to look after us because he loves us.
- Make another list or have another chat about the good things God has done for you.

## Prayer – Chat & Catch

Find somewhere quiet and get comfortable, on your own or with other people. You can read the prompts below or use the video at [https://youtu.be/\\_pJbHviBPfc](https://youtu.be/_pJbHviBPfc)

-Say Hello to God.

-Tell God about something you did today.

-Tell God about a flower or bird you saw recently.

-Tell God what's worrying you right now.

-Ask God if there is anything He wants to say to you today and spend some time quietly listening.

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## Craft – Flower Garden

You will need:

- A strip of cardboard (the back of a cereal box cut lengthways works well)
- Green collage materials, paint or pens
- Colouring pens, pencils or paint
- Paper
- Scissors
- Glue

Start by folding your cardboard accordion style so that your finished garden will stand up.



Next, draw or glue green stems all the way along your cardboard.

Then draw or paint some fabulous flowers or cut circles from patterned paper and glue them to the tops of the stems.



This is a great craft to do with recycled materials. Get creative and let your garden bloom!

## God keeps his promises!