

Don't worry

Jesus said: "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Matthew 6: 34



Equipment:

- Pens/pencils
- Paper
- Scissors

Instructions:

- Divide your paper into 4 squares and cut out each square.
- On each square write down one thing you are worried about.
- Fold the square in half so what you have written cannot be seen.

Reflection: Begin by watching the clip below.

[Don't Worry \(Matthew 6: 25-34\)](#)

It is very easy to be worried about lots of things at the moment.

- I wonder what you are worried about right now?
- When you are worried, I wonder who you could talk to, to help you feel better?

In the story you have just watched, Jesus tells us not to worry. He reminds us of how much God loves and cares for each one of us.

Time to be still and quiet:

I invite you now to take your worry squares and place them in front of you. If you would like to, I would encourage you to talk to someone in your family or an adult at school, about what you are worried about so that they can help you not to worry and to feel better.

God can do the same. Christians believe that God is always there to listen to their worries.

God loves each one of us. We can hand our worries over to him, knowing that he will take care of them for us.

I invite you to say this prayer: Dear God, I am worried about(read out the things on your squares.) Please help me not to worry, but to trust in you. Thank you for loving me and taking care of me. Amen.

NB: Parents, please be available to talk to your child about their worries if they have any.