

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Handwriting lines for journaling responses to the question 'WHAT KINDS OF THINGS DO YOU WORRY ABOUT?'.



Day 1

After watching, write one thing that:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

# Day 2

## Read Matthew 6:25-30

As you read through the passage printed here, make a guess on what emoji should go in the blank. When you're done, check your work against your Bible.

"I tell you, do not worry. Don't worry about your life and what you will \_\_\_\_ or \_\_\_\_\_. And don't worry about your body and what you will \_\_\_\_\_. Isn't there more to life than \_\_\_\_\_? Aren't there more important things for the body than \_\_\_\_\_? Look at the \_\_\_\_ of the air. They don't plant or gather \_\_\_\_\_. They don't put away \_\_\_\_\_ in storerooms. But your Father who is in heaven feeds them. Aren't you worth much more than they are? Can you \_\_\_\_\_ even one hour to your life by \_\_\_\_\_? And why do you \_\_\_\_\_ about \_\_\_\_\_? See how the wild \_\_\_\_\_ grow. They don't work or make \_\_\_\_\_. But here is what I tell you. Not even Solomon in all his royal robes was dressed like one of these \_\_\_\_\_. If that is how God dresses the wild \_\_\_\_\_, won't he dress you even better?"



Which of these comparisons with nature means the most to you?

When you see flowers, grass, birds, or gardens, remember how much more God cares for you!

# Day 3

## When you're worried, trust God.

What are some things you are tempted to worry about? Write them in the blanks in the prayer below, and then read the prayer out loud to God.

Dear God, thank You for giving me all that I need. I know I don't need to worry, and that worrying won't change one thing in my life. I want my trust in You to be stronger than any worry I might have about the future. I want to turn over to You everything I am tempted to worry about, like \_\_\_\_\_ and \_\_\_\_\_.

Please help me to trust that You have promised to meet my needs, and Your creation is evidence of Your love and care. In Jesus' Name, I pray. Amen.

# Day 4

## Whatever you do, don't think about a purple, polka-dotted elephant.

Don't. Are you thinking of a purple, polka-dotted elephant?? What did I tell you?

Sometimes when you're worried, it helps to talk to someone about it—to pray to God, to find a friend or a parent with whom you can share your worries. But the thing about worry is that sometimes talking about our worries a lot can make them seem even bigger in our heads! And the more we try to NOT think about them, the more we end up focusing on what's worrying us. So what's the best way to deal with our worry?

Talk to someone, but instead of only talking about what's worrying you, talk about how you can trust God no matter what. Ask your friend about a time that God answered a prayer or met a big need in their lives. Share an example from your life too. Can't think of anything? Ask your grownup—the longer you've lived, the more you will see God's faithfulness in your life!

# Day 5

## What kinds of things do you worry about?

Put a check next to the categories below that you often worry about:

- Grades
- Bullies
- Your family
- Friendships
- Things in the news
- Sports or other activities you do
- Being sick
- Getting in trouble
- Storms or natural **disasters**

Write the bolded letters from the list above here:

\_\_\_\_\_

Then, unscramble those letters to spell out what you should do when you feel worry creeping in.

\_\_\_\_\_

There will always be things you worry about, but remember that God is in control and that you can trust God no matter what!