



## **WORRY**

**worry - n.** To be anxious or uneasy about something.

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### **Proverbs 12:25**

An anxious heart weighs a man down,  
but a kind word cheers him up.

### **Matthew 6:25–27**

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.

Is not life more important than food, and the body more important than clothes? 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?

*Who of you by worrying can add a single hour to his life?”*

### **Matthew 6:34**

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

### **Philippians 4:6–7**

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### **1 Peter 5:7**

*Cast all your anxiety on him because he cares for you.*

**See also:** Psalms 55:22; 94:19; 139:23; Matthew 6:28–33

## Discussion

Do you worry?

- Does it ever help the situation?
- Discuss Matthew 6:25–27 and Matthew 6:34.

Read Philippians 4:6–7.

- Is any worry too small to give to God?
- How does the passage indicate we should present our requests to God?
- What does the passage say happens when we give our anxieties to God?

How can you help others when they are worried? Read Proverbs 12:25.

## Take Action

**Do 1 Peter 5:7:**

**Younger child:** Decorate a paper lunch bag and label it “Worry Bag.” Pick one of the verses and write it on the container. Then help your child write out his worries on slips of paper. Pray over the slips as you put them in the container. Encourage the child to try not to be anxious about these things because he has given them to God. Open the bag sometime later and discuss how God helped him through the worries and whether or not it was worth the anxiety.

**Older child/youth:** Encourage your child to keep a prayer journal. When he is feeling anxious or stressed about something, he can pour it out to God in his journal and leave it with Him. Later on, he can read back through his journal and see how God has answered his prayers. It will serve as a good record of past trials and an encouragement of how God ultimately works things out for the best.