

DON'T WORRY

What are some of the things that people worry about? Well, some might worry about whether they will have enough money to buy food and clothing for themselves and their family. Food and clothing are very important. In fact, they are things which we must have, but does worrying about it help us to get the food and clothing that we need? No, it doesn't. Just because it doesn't help get us those things, doesn't mean we stop worrying. Right now it's very hard for some of us not to worry about food, housing, school, friends, the list goes on and on. But God tells us not to worry. Why you ask? Let's find out....

One day a large group of people was gathered around Jesus on a hillside and he began to teach them. "Don't worry about whether you have enough food and drink, or enough clothes to wear," he said. "There are more important things in life than food and clothes." Then he went on to teach them a lesson about worry.

"Look at the birds in the air," Jesus said. "They don't worry where their next meal is coming from. They don't store up grain in barns. And yet, the Heavenly Father takes care of them. Surely you are worth more to him than a bird."

"And why worry about your clothing?" Jesus continued. "Look at the lilies of the field and how they grow. They don't work or make their clothing, and yet Solomon in all his glory wasn't dressed as beautifully as they are. If God cares so wonderfully for these wildflowers, surely he will take care of you. Why do you show your lack of faith by worrying about these things?"

So does this mean that we can sit around and wait for food and clothes to drop from the sky? No. God provides food for the birds, but he doesn't throw it into their nest. They do not worry about

what they are going to eat at all, but every day when they wake up they are about to find the insects that they need to eat. God does not let them go hungry. Since we are God's most precious treasure then He will not let us go hungry either.

God takes care of the flowers of the Earth just like He takes care of the birds. Each spring the flowers grow and bloom. They do not have to do anything to make themselves bloom, they just do. God makes sure that they get enough sunlight and rain to grow. He cares about them and takes care of them. God also cares about us and takes care of us.

We do not need to worry about the clothes that we wear because God will provide for our needs. God provides clothing for us by giving us jobs so that we will have the money to buy clothes. Sometimes God provides clothes through friends and family who give us clothes. We need to have faith that God will provide, but we do have to do our part as well. Just remember -- our part does not include worry!

The next time you feel worried about what's going on, what will happen in the future, your family or friends, just remember God will take care of all of those things. He will never leave you. He is with you always, so **DON'T WORRY.**



Don't Worry Cupcake Liner Flower Craft

What you will need:

Cupcake Liners

You Can Also Use Silk Flower Pieces or Flower Parts Cut from Pattern Paper

Glue Sticks or White Glue

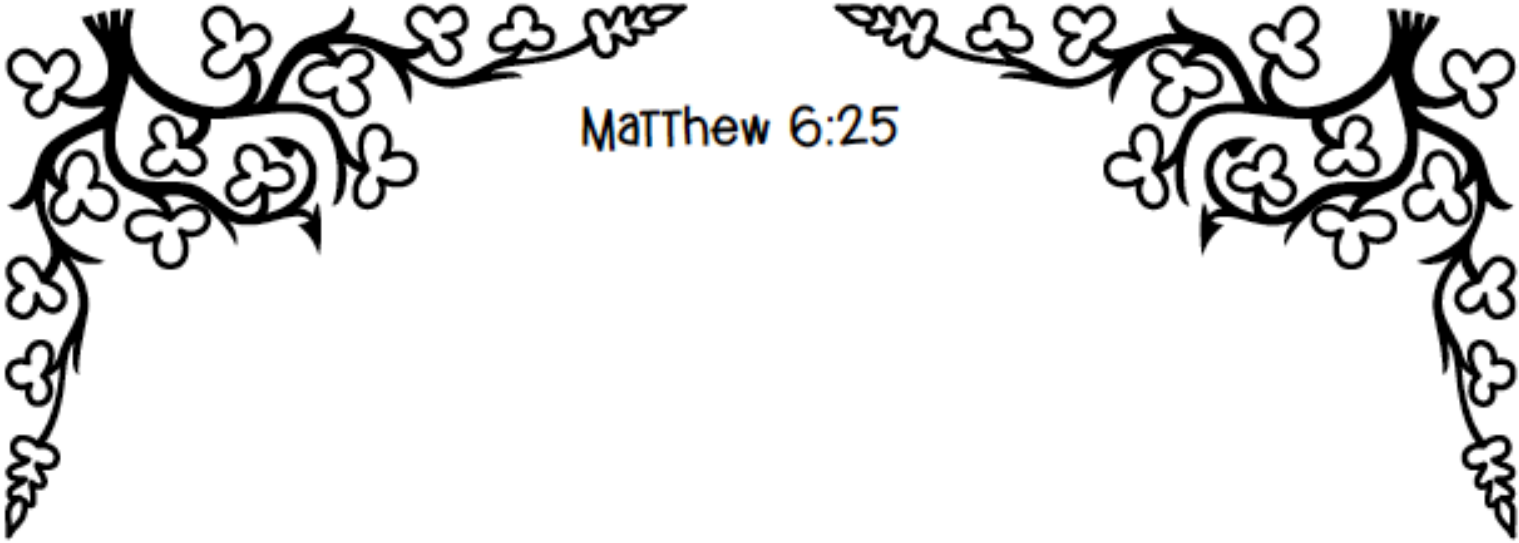
Scissors

Colored Pencils and Markers

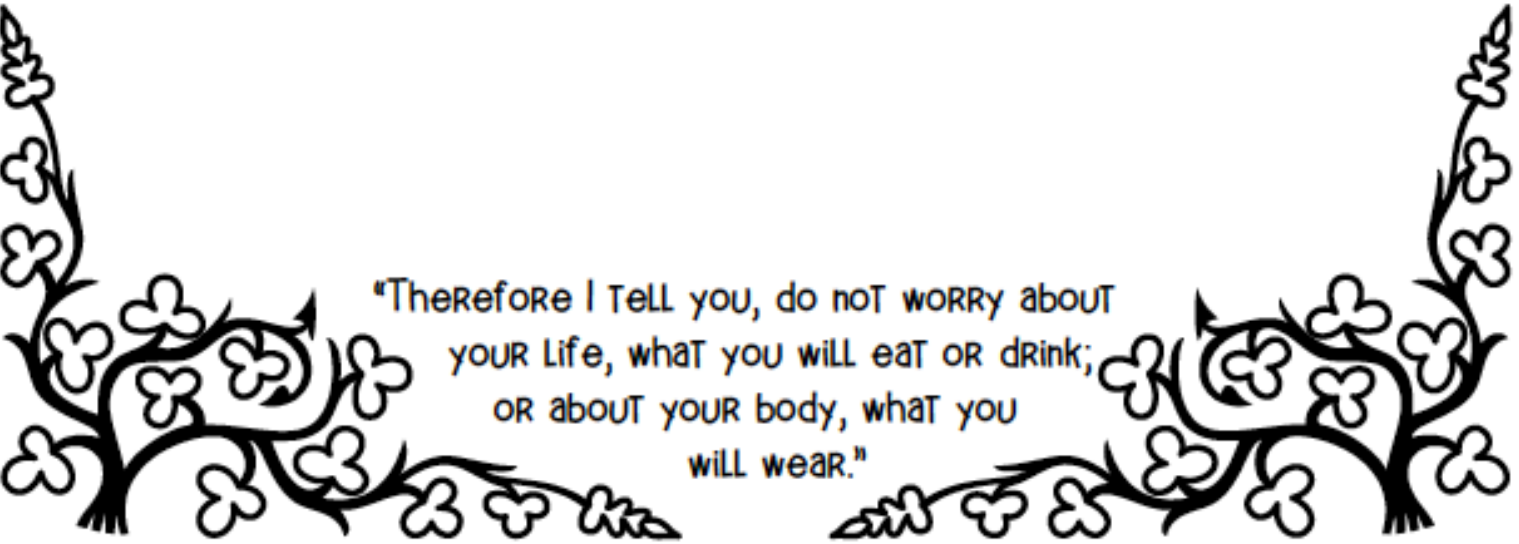


How to Make the Cupcake Liner Flowers

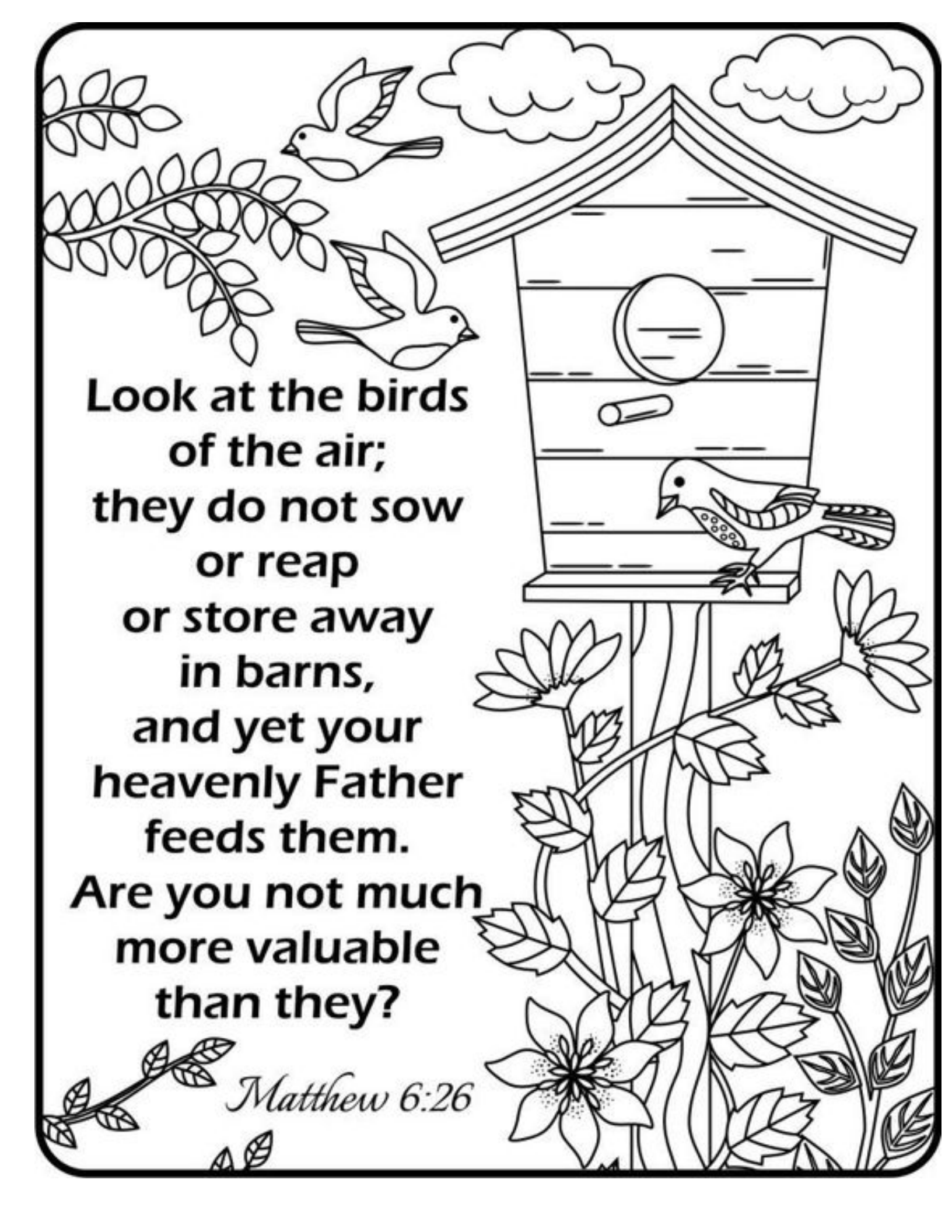
1. Print out the background pattern on the next page.
2. Use cupcake liners to make flowers. Flatten the cupcake liners and then cut slits in the edges to make flower petals. Stack different sizes of liners on top of each other and glue them together to make a layered effect.
3. Color the background pattern and then glue the cupcake liner flowers onto the background.



MatThew 6:25



"Therefore I Tell you, do NOT WORRY about
YOUR Life, what you will eat OR drink;
OR about YOUR body, what you
will wear."

A black and white line drawing of a scene. In the center is a birdhouse with a gabled roof and a circular entrance hole. A bird is perched on the ledge below the hole. To the left, two birds are flying in the air. Above the birdhouse are two clouds. To the right, there are several flowers on stems with leaves. In the bottom left corner, there is a small branch with leaves.

**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?**

Matthew 6:26