



## WHAT DO I DO WITH WORRY?

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### REMEMBER

Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.—Matthew 6:34 CSB

### READ

Read Matthew 6:25–34. In a world full of trouble, it's easy to worry. We worry about if people will like us, if we have enough money, our loved ones, and our health. But Jesus addresses worry. In John 16:33, He says, "I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world." And in Matthew, He tells us how much more He cares for us than the birds of the air or the flowers in the field; yet He feeds and clothes them with such beauty.

Worry takes our eyes off of Him and onto our problems. And when we do that, our problems seem bigger than God. But Jesus doesn't want us to do that. He has overcome the world, even conquering death. He wants to teach us how to give our worry to Him because we can trust Him. That's why He tells us to focus more on doing what's right than on worrying about what's wrong (Matthew 6:33). The best ways to do this are by talking to someone we love about our worry and by praying, asking God to build our trust in Him as He provides for our needs.

### THINK

1. In *What Do I Do With Worry?*, Willow's worries always seemed to start with "What if." Do you have any "what-ifs" you worry about? Tell me about them.
2. Willow's "what-if's" flapped around her mind like worry birds. What is something that has helped you get rid of your "what-ifs" in the past?
3. Who is someone you can talk to about your "what-ifs" when they start flapping around your mind?
4. Why do you think God wants us not to worry?
5. Can you draw a picture of a "what if" you have right now? Tell me about it.
6. Now draw a picture of a new "what if." What if you were brave and let God show up with you in your worry? What might happen then?
7. Pray together, asking God to help you learn to trust Him more and more each day.