



THE SERMON ON THE MOUNT

FAMILY DEVOS

Don't Worry

Scripture: Matthew 6:25-34

Memory Verse: Philippians 4:6-7

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

For My Family:

Before starting this devotion, ask your children, “What is worry?” Take a moment to discuss. Worry is that nervous or fearful feeling you get when something happens that you don't like, or you have to go somewhere you don't want to go, or when you are scared. The Bible tells us that worries weigh down the heart, but God doesn't want you to go through life carrying the weight of worry. Today we are going to learn that one of the ways we shine as lights in the world is not by holding onto our worries, but by giving them to our Father in heaven.

What kind of things do people worry about? Food, money, clothing, sickness, school, family... all sorts of things! But Jesus tells us not to worry because our Father loves us and knows what we need even before we ask. He created a world for us to live in that constantly reminds us that we don't need to worry! Look at the birds. Do they look worried about where their next meal is coming from? The Father feeds them and cares for them. If God takes care of the birds, He will definitely take care of you! Look at the fields. Are they worried about what they will wear? God clothes them with grass and flowers. How much more will He clothe you? You are much more important to God than birds and fields. In other words, knowing who God is, and who we are to Him (His children), should help us battle worry.

Everyone gets worried. What sets us apart as followers of Jesus is what we do with our worry. God tells us through the apostle Paul, *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God”* (Philippians 4:6). So when we get worried, we should immediately pray about whatever is worrying us. But in addition to praying, we should also thank God! Thanking God may seem like a strange thing to do when we are worried, but we remind ourselves of all that we do have and who God is when we turn our minds to praise Him.

But Paul doesn't end there. He continues with a promise: *“and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus”* (Philippians 4:7). So when our hearts begin to get worried, we remember who God is. When we remember who He is, we come to Him in prayer and thanksgiving. And when we come to Him in prayer and thanksgiving, He promises to guard our hearts and minds through Jesus. Remember this promise, and when you get worried, come to Him in prayer.

Questions for Young Children:

What is worry?

What did God give us to remind us not to worry?

What should we do when we are worried?

Questions for Teens and Pre-teens:

How do we battle worry?

What does God want you to do with your worry?

How can we help others who are worried?