Don't Worry About Tomorrow

"worrying doesn’t make anything better, and it usually makes things a lot worse!"

Jesus says that we should not worry about tomorrow because each day has enough worry of its own. That can be really hard, though! There are so many things in our lives that make us anxious, so many things that we worry about. But worrying doesn’t make anything better, and it usually makes things a lot worse! Douglas used to be scared of the ball when playing baseball, so he would turn around when the ball came his way. That made it impossible to catch the ball, and he would often get hit by it. When he kept his eyes open, he could more easily deal with the ball hurtling towards him. It’s fine to plan ahead and watch out for danger, but instead of worrying, we need to ask God for help and deal with whatever comes our way.



Family Time Questions

- Why doesn’t God want us to worry?
- How does worrying make things worse?
- Should we never plan ahead?
- What should we do about the things that worry us?

Bible Verses

- Matthew 6:25-34 - Do not worry about tomorrow
- Philippians 4:6-7 - Make your requests known to God
- Proverbs 27:12 - It is good to plan ahead

Prayer

"Dear God, thank You for caring so much for us. Help us not to worry, but to put our trust in You. In Jesus’ name, Amen."