



# EPWORTH

## FIRST BAPTIST CHURCH

BE CHANGED | LIVE CHANGED | SERVE CHANGED

### Family Devotional: *The War Against Worry*

Scripture: Matthew 6:25–34

**Big Idea:** When we worry about tomorrow's needs, we miss today's opportunity to trust God and seek what matters most.

#### 1. Opening (Parent sets the tone)

Say something like:

"As a family, we all worry about different things—school, friends, money, health, or what the future will look like. Today we're going to hear what Jesus says about worry and how God wants us to live with peace instead of fear."

**Optional Icebreaker (1–2 minutes):**

Ask everyone:

- "What's one thing people your age often worry about?"

(No correcting—just listen.)

#### 2. Read God's Word Together

Have one adult or older child read **Matthew 6:25–27**, then another read **Matthew 6:31–34**.

If kids are younger, summarize:

"Jesus tells us not to be anxious about food, clothes, or tomorrow because God knows what we need and takes care of us."

#### 3. What Jesus Teaches Us About Worry

Truth #1: God Cares for His Children

Read Matthew 6:26

### Explain simply:

- God feeds the birds.
- God clothes the flowers.
- And Jesus says **we matter more than they do.**

### Discussion Questions:

- For kids: "If God takes care of birds, do you think He will forget about you?"
- For parents/teens: "Why is it sometimes easier to believe God *can* help than to believe He *cares*?"

### Key Truth to Repeat Together:

👉 *"God is our Father, and He cares for us."*

## Truth #2: Worry Comes from Little Faith, Not Little Stuff

### Read Matthew 6:30

#### Explain:

- Jesus says worry isn't really about our situation—it's about trusting God.
- God has always taken care of us before, even when things were hard.

#### Family Reflection:

- "Can you remember a time when God helped our family or provided something we needed?"

(Parents: briefly share a real example.)

#### Key Truth:

👉 *"God has been faithful before, and He will be faithful again."*

## Truth #3: Worry Doesn't Fit God's Family

### Read Matthew 6:31–32

#### Explain:

- People who don't know God live worried.
- God's children can live differently because our Father already knows our needs.

#### Ask:

- "How should our family look different when we face stress or uncertainty?"

## 4. A True Story of Trust (Kid-Friendly Version)

### Tell the story:

George Müller took care of hundreds of orphaned children. One morning, they sat at the table with no food. But Müller prayed and thanked God for the food He *knew* God would provide.

A baker showed up with fresh bread. Then a milk truck broke down in front of the building and gave them milk. God provided exactly what they needed—right on time.

#### Ask:

- "What do you think the children felt when the food arrived?"
- "What does this story teach us about trusting God?"

#### Quote to remember (optional):

"The beginning of anxiety is the end of faith; and the beginning of faith is the end of anxiety."

## 5. What Jesus Calls Us to Do

Read Matthew 6:33 together

Explain simply:

Jesus gives us one main instruction:

**Seek God first—then trust Him with everything else.**

**Two Things to Seek First:**

1. **God's Kingdom**

- Love God
- Love people
- Tell others about Jesus

2. **God's Righteousness**

- Remember that because of Jesus, we are already accepted and complete.
- We don't need "more" to be okay—we already have Christ.

**Family Question:**

- "What's one way our family can put God first this week?"

## 6. Simple Family Activity (Optional)

"Worry vs. Trust"

- Have everyone name one worry.
- Then finish this sentence together:  
"Instead of worrying about \_\_\_\_, we will trust God by \_\_\_\_."

(Example: praying, obeying, thanking God, helping someone.)

## 7. Close in Prayer

Have one adult pray, or let each person pray one short sentence.

**Prayer Guide:**

- Thank God that He is our Father
- Give Him one worry
- Ask for help to seek His kingdom first

## Family Takeaway for the Week

👉 *"When we seek God first, He takes care of the rest."*

Encourage families to repeat Matthew 6:33 during the week—at meals, in the car, or before bed.