

GO!

## UNIT 7.4

### Jesus Teaches on Worry



#### Bible Basis:

Matthew 6:25-34



#### Big Idea:

Jesus teaches that God cares for us, so we should give our worries to Him.



#### Memory Verse:

“Don’t worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him”

Philippians 4:6 (NIRV)



It's time for...

# TABLE TALK

#### How to use this card:

Fold along the dotted lines to create three equal panels. Then, tape the two ends together to form a triangle. Stand this card on your table and use it during mealtimes or bedtime to spark meaningful conversations as a family.

## DAY 1

#### Question:

Jesus said that God takes care of the birds and flowers. What does that tell you about how He feels about you?

## DAY 2

#### Question:

Jesus said not to worry about food or clothes. What's something you sometimes worry about?

## DAY 3

#### Question:

When you start to feel worried, what's something you can do to remember that God is in control?

## DAY 4

#### Question:

Why is seeking God's kingdom more important than chasing after material things?

## DAY 5

#### Question:

Why do you think trusting God brings peace to your heart?

## BONUS QUESTION

If birds had a cooking show about not worrying for food, what recipe would they make?