

FAMILY DEVOTION

DEAL WITH IT! "Anxiety"



"I Won't Worry. I'll Put My Trust In God!"



"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." - Philippians 4:6

SAY:

Even the heroes in the Bible felt anxious sometimes. But God has given us special tools to help us handle it!

If we give our worries to God, something wonderful happens. He promises to give us an amazing peace! And all we need to do is talk to Him about our worries and we can have peace even when it doesn't make sense to have peace.

READ:

Matthew 6:25-34

DISCUSS:

- Who was teaching the crowd?
- Who did Jesus say the flowers were dressed better than?
- Does worrying add a single day to our lives?
- Have you ever felt worried or anxious?
- What do you think God wants us to do with our worries?
- How can we find peace when we feel anxious?

SAY:

Remember that when we feel anxious, we can always talk to God about our worries. He will give us peace that helps us feel better. Let's trust Him and use the tools He has given us to deal with anxiety.

PRAY:

Pray with your children and ask God to help them when they feel worried or anxious. Pray that they would give their anxiety to God. Lead them in a prayer of placing their trust in Him to take care of every detail of their lives.