

FAMILY DEVOTION

DON'T WORRY ABOUT IT:
"Resting In The Shadow"



"I Won't Worry; I Will Trust In God!"



"Those who live in the shelter of the Most High will find rest in the shadow of the Almighty." – Psalm 91:1

Read:

Acts 16:16-34

DISCUSS:

- Who were the two preachers in this Bible Story?
- What happened to Paul and Silas after they preached?
- Rather than worry, what did Paul and Silas do?
- Did the prisoners leave after the earthquake?
- Who came to Paul and Silas' cell to be saved?

SAY:

There are so many things in life that are uncertain, it is easy for us to become focused on the things that are going wrong all around us. If we are not careful, worry and anxiety can begin to take over our hearts and minds.

God does not desire for us to spend our time worrying. He has promised that we can find peace if we stay close to Him, trust in Him, and allow Him to take care of our needs.

We can learn through the story of Paul and Silas in jail that we don't have to worry. We can actually praise God in the midst of difficult circumstances. He is able to protect us and provide for us - no matter the circumstances.

PRAY:

Pray with your kids that may be feeling worried and anxious. Pray that they will renew their trust in God to protect them and provide for them. Pray that God will fill them with peace and rest in the midst of difficulty!