

# FAMILY DEVOTION

## DON'T WORRY ABOUT IT: "Worry Doesn't Work"



"I Won't Worry 'Bout A Thing!"



"Don't worry about anything; instead, pray about everything..."  
– Philippians 4:6

### Read:

Matthew 6:25-34

### DISCUSS:

- Who was teaching the crowd?
- What two things did Jesus say don't worry?
- Does worrying add a single day to our lives?
- Who did Jesus say will take care of us?
- Who did Jesus say the flowers were dressed better than?

### SAY:

One of the biggest reasons we shouldn't worry is that it doesn't work at all. Jesus taught very clearly about it. He said, "Can anyone add a single day to their lives by worrying?" Of course, the answer is no.

There is nothing positive that can come from worrying. All it does is make us upset, make us anxious, and sometimes it can even make us sick.

We learn through the teachings of Jesus that worrying doesn't work. Rather than worrying, we should worship. Rather than filling our lives with panic, we should fill our lives with prayer.

Worry doesn't work, but trusting in Jesus works every single time! That's why we can trust Him!

### PRAY:

Pray with your children for them to give their worries to God. Lead them in a prayer of placing their trust in Him to take care of every detail of their lives.