



## SESSION 3

# Do Not worry about tomorrow

## Ice Breaker: Kick the Can

**What you need:** This outdoor game can be easily played without a can. Any substitute will do: a pine cone, a water bottle, or even a stick. You need space to run, and hide.

**How to play:** This is Hide and seek with a twist. Pick your perimeters of your playing area. Set up whatever object you have on hand close to the “it” person. The “it” person starts the game by counting while the other players hide. Once everyone has hidden, the “it” person seeks out the hidden players. If a hidden player is tagged by the “it” person, she goes to a designated jail spot. If one of the hidden players “kicks the can,” the jailed players are free and can hide again.

## DO NOT WORRY

Discussion Question: How many of you have ever had a day where you were worried about something?

What are some things you've worried about?

How do you think we should handle worry?

Worry isn't something any of us really enjoy. I think we all know it's something that God doesn't really want for us. Worry can steal your joy, steal your excitement, and can cause all kinds of problems. If worry is something we'll all struggle with; have you ever given thought to what God might want from us instead of worry?

I think instead of worry God wants worship from us. Worship is giving God our attention, our actions, and our love. The bible tells us continually how we can love God better. Listen the book of Matthew it tells us not to worry but to give God our worship  
(Read Passage Below)

The bible makes it clear what God wants from us is not worry, but God wants us to seek Him above all and He'll take care of our needs. This means when we worry we should take what worries us to God and ask for His help.

Discussion Question: Have you ever thought about what God wants from your life as a kid and a Christian?

It's incredible that the Bible gives us clear instruction in what God wants from His children.

<sup>25</sup> "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> And which of you by being anxious can add a single hour to his span of life? <sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? <sup>31</sup> Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you.

<sup>34</sup> "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. **Matthew 6:25-34 ESV**

## Discussion Questions:

Have you ever thought about what God wants from your life as a kid and a Christian?

Jesus was asked one time as a trick from some Pharisee's what He thought was the number one command from God. Before we look to see how Jesus answered the question, you tell us what you think Jesus said?

*<sup>37</sup> And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. <sup>38</sup> This is the great and first commandment. <sup>39</sup> And a second is like it: You shall love your neighbor as yourself. <sup>40</sup> On these two commandments depend all the Law and the Prophets." **Matthew 22:37-40***  
**ESV**

Jesus didn't just give the crowd one command but two. Jesus told the crowd what He wanted them to know was the first and greatest command is to love God with everything you have, and the second is love other people as much as you love yourself. What Jesus was doing was simplifying all the things the Bible has to say. Jesus told us that in these two commands, this is what God wants from our lives. God wants us to love God, and to love others. Wow, it's awesome that Jesus could make it that simple, that every day we follow Jesus, that God wants us to love Him and love others.

**Discussion Question:** What are some ways we can love God?

What are some ways we can love others?

Is there anything else you think God wants from us?

Jesus explained that loving God and loving others is really important for His followers. Loving God and Loving others is the best things we can do for God. It's important for us to know that loving people well means we share with them what Jesus did for them on the cross.

God wants our worship not worry, and He wants us to Love Him, Love others, and Make disciples.

**Discussion Question:** How does knowing what God wants from us help us to honor Him?