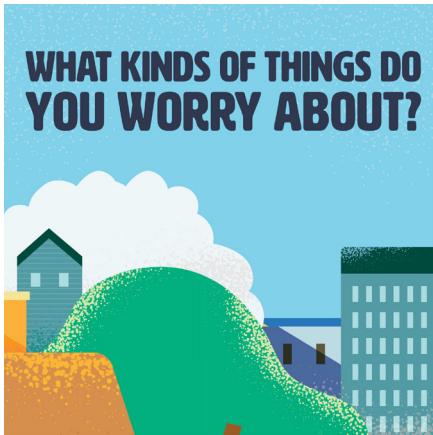


Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



WHAT KINDS OF THINGS DO YOU WORRY ABOUT?

January
2025

Week Two Preteen



Day 1

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Matthew 6:25-30

As you read through the passage printed here, make a guess on what emoji should go in the blank. When you're done, check your work against your Bible.

"I tell you, do not worry. Don't worry about your life and what you will ____ or _____. And don't worry about your body and what you will _____. Isn't there more to life than _____? Aren't there more important things for the body than _____? Look at the _____ of the air. They don't plant or gather _____. They don't put away _____ in storerooms. But your Father who is in heaven feeds them. Aren't you worth much more than they are? Can you _____ even one hour to your life by _____? And why do you _____ about _____? See how the wild _____ grow. They don't work or make _____. But here is what I tell you. Not even Solomon in all his royal robes was dressed like one of these _____. If that is how God dresses the wild _____ won't he dress you even better?"



Which of these comparisons with nature means the most to you?

When you see flowers, grass, birds, or gardens, remember how much more God cares for you!



Day 3

When you're worried, trust God.

What are some things you are tempted to worry about? Write them in the blanks in the prayer below, and then read the prayer out loud to God.

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Dear God, thank You for giving me all that I need. I know I don't need to worry, and that worrying won't change one thing in my life. I want my trust in You to be stronger than any worry I might have about the future. I want to turn over to You everything I am tempted to worry about, like

\_\_\_\_\_ and \_\_\_\_\_.

Please help me to trust that You have promised to meet my needs, and Your creation is evidence of Your love and care. In Jesus' Name, I pray. **Amen.**

## Day 4

### Whatever you do, don't think about a purple, polka-dotted elephant.

Don't. Are you thinking of a purple, polka-dotted elephant?? What did I tell you?

Sometimes when you're worried, it helps to talk to someone about it—to pray to God, to find a friend or a parent with whom you can share your worries. But the thing about worry is that sometimes talking about our worries a lot can make them seem even bigger in our heads! And the more we try to NOT think about them, the more we end up focusing on what's worrying us. So what's the best way to deal with our worry?

Talk to someone, but instead of only talking about what's worrying you, talk about how you can trust God no matter what. Ask your friend about a time that God answered a prayer or met a big need in their lives. Share an example from your life too. Can't think of anything? Ask your grownup—the longer you've lived, the more you will see God's faithfulness in your life!



## Day 5

### What kinds of things do you worry about?

Put a check next to the categories below that you often worry about:

- **Grades**
- **Bullies**
- **Your family**
- **Friendships**
- **Things in the news**
- **Sports or other activities you do**
- **Being sick**
- **Getting in trouble**
- **Storms or natural disasters**

Write the bolded letters from the list above here:



\_\_\_\_\_

Then, unscramble those letters to spell out what you should do when you feel worry creeping in.

\_\_\_\_\_

There will always be things you worry about, but remember that God is in control and that you can trust God no matter what!



# Rain or Shine: Trusting God in every season

Resilience is getting back up  
when something gets you  
down.



## MEMORY VERSE

Be strong, all you who put  
your hope in the LORD.  
Never give up.  
Psalm 31:24, NIV

## Prayer

"Dear God, thank You for loving and caring for us. Sometimes we have worries that feel really big. Even though we can't control the rainy days, we can control how we respond to them. God, help us to trust You when we're worried. Help us to identify people we trust to talk to them about it too. We love You, and pray these things in Jesus' name. Amen."

Scan the QR code  
to get started



## Talk About the Bible Story

Open the Bible together and read Matthew 6:25-34 or watch the video together on the Parent Cue app.

## Engagement Questions

- **What kinds of things do you worry about?**
- When do you feel worried the most?
- How can you trust God with what you are worried about?

## Faith and Character Activity

Scan the QR code below for activities to guide kids at every phase to trust Jesus in a way that changes how they see God, themselves, and the rest of the world.



## Morning Time

As your kid starts their day, ask them if you can pray for them today and if there is anything specific.



## Meal Time

At a meal this week, have everyone at the table answer this question: "What kinds of things do you worry about?"



## Drive Time

While on the go, ask your kid: "Who is someone who makes you feel better when you're worried?"



## Bed Time

Pray for each other: "Jesus, help us to trust You when we are worried. When we don't know what will happen, we can find peace knowing that You will take care of us no matter what happens."

## More Ways to Engage with Your Kid

## Faith & Character Activities



## Worship Song of the Month



## Download the Parent Cue app

AVAILABLE FOR APPLE  
AND ANDROID DEVICES



## Weekly Parent Cues

