



TEACHINGS FROM THE NEW TESTAMENT

"Do Not Worry..."



Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks. And God's peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it.



What does this Scripture mean?

- 1. The older you get, the more worried you become about things you cannot control at all!**
- 2. The more we think and worry about things we cannot control, the worse we feel and the more likely we are to make mistakes!**
- 3. God the Father tells us that, when we worry about something even if its in our control, we should go to Him in prayer, thanking Him for all that He's already done.**
- 4. If we trust in Jesus as both our Lord and our Savior, God the Father will give us peace that is so amazing that we won't fully understand it!**

Remember: God is much bigger and better than any of our worries!



How To Follow Jesus Well

**When you start feeling worry
in your heart, pray to God the
Father and ask Him to calm
your fear.**

**Whenever something is in your
control, ask God the Father for
help and do what you can!**

**Whenever you pray, thank God
the Father for all that He's
already done for you.**



CROSS CONNECTION

The reason we shouldn't worry is that all who follow Jesus Christ as Lord and Savior have their eternity set out before them already. We are promised eternal life and a God who is always near us, for that is what Jesus' death and resurrection achieved for us!

Reflection Questions

1. What should we do when we worry?

Pray!

2. What should we always do when we pray?

Give thanks!

3. What will God the Father give those of us who are faithful to Jesus?

Peace!

Challenge Question: How will you pray this week when you get worried?