

## I'M WORRIED!

March 11, 2023

### Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Matthew 6:25-34

### Memory Verse

<sup>6</sup> Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. <sup>7</sup> Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel.

Philippians 4:6-7



# CASEY'S DAY

written by Ron VandenBurg  
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Have you ever felt worried about something? Maybe you feel worried about a test at school. Maybe you don't want to let your team down in a sports game or mess up a solo in a recital. Guess what? Jesus had friends who worried too. They worried about whether they had enough food for thousands of people, about whether their boat would sink, and about their friend who was sick. They shared their worries with each other, their communities, and Jesus. Jesus did miracles to show his power and deliver them from their worries. He can also do something spectacular in our hearts when we give all of our cares and worries to him. He cares, and he wants to help us.

Jesus told his friends that they didn't have to worry about what they would eat or drink or wear, because life is way more important than that. He told them that God takes care of the birds in the sky and the wildflowers, so we should trust that he will take care of us, his precious children. God made us, loves us,

and cares for us. He knows what we need, and we can trust that he knows what's best for us.

It's natural to feel worried now and then, but we can always remember that God knows our worries and our needs, that he provides for us, and that when we trust in Him we can focus on the awesome things he has planned for us. He provides us comfort through the support of our friends and family. He also gives us his words in the Bible to calm our hearts, and we can talk to him about everything when we pray. 1 Peter 5:7 tells us, "God cares for you, so turn all your worries over to him." God even gives us things in nature (like birds and flowers) to remind us of how much he loves us.

## Prayer

Dear God, thank you that you care for me like you care for the birds and flowers. When I worry, please help me to use the tools you have given me to calm down and remember that you are in control and love me. In Jesus' name I pray, Amen.

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*written by Areo Keller-Donahue*

<https://kidscorner.net/devotions/im-worried>  
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