

ONE DAY AT A TIME

January 1, 2022

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

³⁴ Don't worry about tomorrow. It will take care of itself. You have enough to worry about today.

Matthew 6:34



CASEY'S DAY

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illustrated by Chad Thompson



A new year has begun. We should begin this year grateful to God for his blessings and look ahead trusting in God's faithfulness. But some days, it's hard not to worry or be afraid of what comes next. For example, for two years now, we have all been worried about Covid-19, and that hasn't been easy. In this next year, how do we stop being anxious and scared and put God first like he wants us to?

God understands our fears. He understands that this year will have its challenges. In Matthew 6, Jesus says not to worry, "Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." When we face each day without worrying about tomorrow, we can focus more on doing God's will today.

God promises to give us the food, clothes, and love we need every day of our lives ([Matthew 6:32](#)). Jesus tells us, "But more than anything else, put God's work first and do what he wants" ([Matthew 6:33](#)). Worrying distracts us from that goal.

How do we “put God’s work first”? What’s God calling you to do today? Serve others and help out at home. Work together with parents, teachers, and others around us and make the day great! Be grateful for this day that the Lord has made! By doing these things, we show our trust in God to take care of the rest!

Prayer

Dear God, thank you for today! Please help me not to worry. Thank you for taking care of my family and me. Please help me to trust in you more every day. Amen.

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