



Sunday 12th February 2023 – Do not worry!

Read: Matthew 6:25-34

Sometimes we can worry a lot about all kinds of different things. It is normal to be worried about things and if you are worried about something you can always tell a trusted grown up.

We can also tell God when we are worried – God loves us and does not want us to be worried about everyday life. In our reading today Jesus talks about birds and how God provides them everything they need. He then goes on to talk about flowers and again how God provides them with everything they need to grow and flourish. If God provides this for birds and flowers, he will also provide this, and much more for us. We do not need to worry because God will care for us and provide us with what we need. We need to remember though that there may be a difference in what we want and what we need!

Watch: <https://www.youtube.com/watch?v=PG1LjFO99dA&t=28s>

Why should we not worry? What does God provide the birds with? What about the flowers? What does worry do? What can we do when we are worried?

Do: Colouring page – <https://www.biblewise.com/kids/images/fun/god-cares-birds-flowers.pdf>

Craft - <https://thelittlesandme.com/wp-content/uploads/2020/03/BirdCraft%E2%80%94Matthew6.pdf>

Wordsearch - <https://www.biblewise.com/kids/images/fun/word-search-dont-worry.pdf>

Dot to Dot - <https://www.biblewise.com/kids/images/fun/dont-worry-dot-to-dot.pdf>

Pray: Dear God, thank you for providing us with what we need in everyday life – help us to share with others. Amen

Father in heaven watch over our loved ones.

Keep them by your side.

May they be safe and peaceful, in you may they abide.

Give wisdom to the doctors and nurses too we pray,
renew their strength and bless them for the work they do each day.

Send healing and restoration and let them feel your love.

May your Holy Spirit give them rest as gentle as a dove. Amen

(Taken from Praying Together)

Share: Can you make a bird feeder to help birds find food
(<https://www.bbc.co.uk/cbeebies/makes/bird-feeder/>)