

WEEK 2 | JANUARY 2025

WHEN YOU'RE WORRIED, TRUST GOD

Bible Reference:

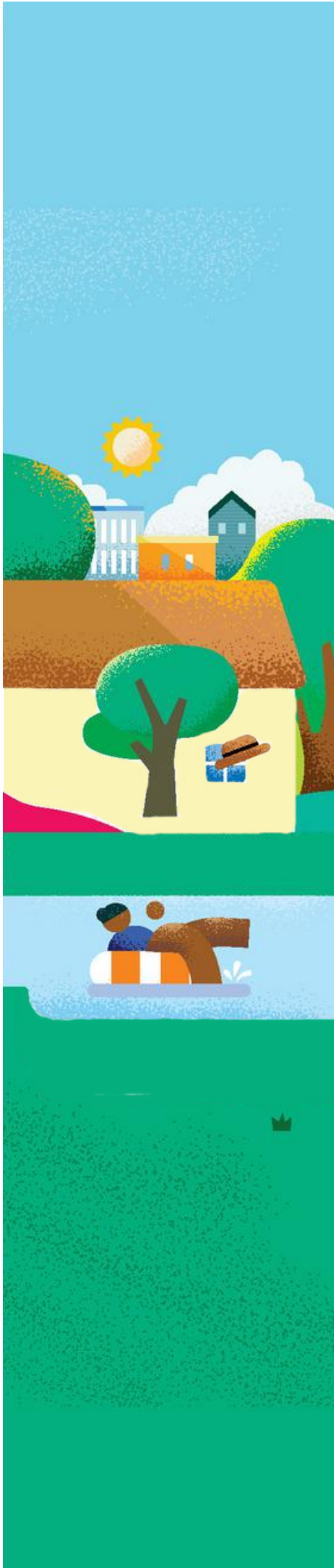
Do Not Worry

Matthew 6:25-34

MEMORY VERSE

"Be strong, all you who put your
hope in the Lord. Never give up."

Psalm 31:24, NIRV





Week 2

Prayer and Reflection

Part 1

Read Matthew 6:25-34 (NIRV) and answer the questions below.

Q1

Verse 25 and verse 31 tells us not to worry about 3 things.

List them down.

i) _____

ii) _____

iii) _____

Q2

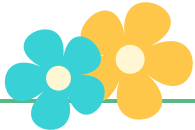
Verses 26-30 tells us that God takes care of the _____

and the _____

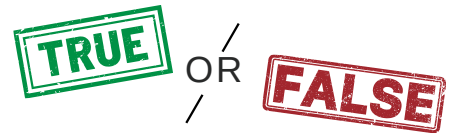
in the wild.

Q3

Who is more valuable than the birds of the air and the flowers in the wild?



Q4



God knows your needs even before you tell Him.

Q5

Verse 33 says God will provide our needs if we

Q6

What does it mean to put God's kingdom first?

Discuss with your Small Group.

Q7

Verse 34 says do not worry about

Part 2:

Whether it is a BIG worry or a SMALL worry, God cares about ALL our worries. Let's make a worry-free bracelet and give our worries to God!

Step 1:

Think of some big worries. For each big worry, take a big bead from your Small Group Leader.



Step 2:

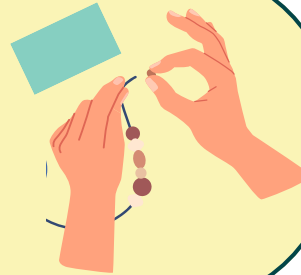
Think of some small worries. For each small worry, take a small bead from your Small Group Leader.



Step 3:

As you put each "worry bead" into the string, say

"God, I trust You with this worry."



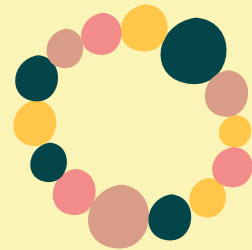
Step 4:

After you are done stringing all your "worry beads" together, tie a knot at the end and say

"God, I give these worries to You. I receive Your peace."

Step 5:

Tie this "worry-free" bracelet somewhere visible to remind you that these worries have been given to God. Do not put these worries back into your mind!



God loves you unconditionally and cares for you deeply. Whenever you feel worried, pray and tell God about it. Give Him your worries and trust that He will meet your need.

Midweek activity:

Take some beads home with you. Whenever you feel worried about something, repeat steps 3 to 5!

Dear God, thank You for watching over me 24/7!
Help me to trust You completely and not let worry control my mind. I choose to live in Your peace. I know You will provide for me. In Jesus' name I pray, Amen.

