



Gospel Light®

HOME DISCUSSION GUIDE
for Elementary

SUMMER C
Lesson 8

Why Worry?

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Matthew 6:33

The “Do Not Worry” passage from Matthew 6 is my all time favorite—because I DO worry! I remind myself of the truth that God is supplying all our needs while I remind my kids, **We don’t have to worry about what we will eat or drink. God knows what we need and supplies it for us. He feeds the birds and He promises to provide food for us.** When we are getting dressed or talking about new school clothes I may say, **I’m glad we don’t have to worry about what to wear. God clothes the flowers in the field, and He knows we need clothes. We are much more valuable than the birds and flowers.** And when we bring in bags of groceries or new clothes from the store, it’s a great time to say aloud, **Thank You, God, that we have food. We’re glad You take care of us!**

Try This:

Because kids don’t always have a sense of time, they can start to worry about something in the future that they don’t need to worry about. When my kids get worried about an upcoming event, wanting to nail down every detail, we read together Matthew 6:33-34 about not worrying about tomorrow. We thank God that He has made each day with just enough time and we ask God to help to trust Him to take care of things in our future as we stay focused on what we’re doing right now!