

| OUR FAMILY PLAN | |
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| | |
| This week we can serve others by | |
| This week we can pray for these following families | |
| This week we can have fun as a family by | |
| This week we can grow closer to God by | |
| This week the kids can help parents by | |
| This week parents can help the kids by | |
| Other suggestions | |

WORRY



Give all your worries and cares to God, for
He cares about what happens to you.
~ 1 Peter 5:7

THEME: Hostage: Worry

MONDAY

READ: Matthew 6:25-34

A few years ago, my (Mark's) son was standing in our dining room sucking on a butterscotch candy. One minute he was laughing and smiling, the next he was grabbing his throat and gagging. His face turning red, he quickly motioned for me to come and help him. Fortunately, before I even made it to him, the candy dislodged from his throat. He could breathe freely again. Those were a scary few seconds for Kyle and I. His brief choking took all the laughter, joy, and fun out of the room.

Did you know that "worry" can work a lot like choking? When we worry, it tends to "choke" all the fun, joy, and laughter from life.

1. What are some things that you usually worry about?
2. What does Jesus say about worry in our Scripture for today?
3. Instead of worrying, what does Jesus say we should focus on first and most?
4. How are you doing at focusing on God instead of worrying?

PRAYER

- ◆ Thank God that He can take care of all your problems
 - ◆ Ask God to fix your eyes on Him and not on problems
- Be sure to go to the back of this booklet and begin formulating a family plan for the week.*

SATURDAY

READ: Romans 6:20-23

There are good and bad things about our American history. One of the bad things is slavery. For many years, up until the Civil War, Americans kept black people as slaves. After the Civil War, of course, slavery became illegal.

Today, we would like to think that slavery is no longer around. But did you know that there are at least 27 million people around the world who are still enslaved by others? That is a lot of people! Yet there is another kind of slavery that has enslaved many more people—it is called "sin."

In fact, the Bible is clear that BILLIONS of people are still enslaved to it.

1. What does it mean to be a slave?
2. Our Bible verses say that we can be a slave to sin or a slave to God. Which one, do you think, makes a better master?
3. How do you get out of slavery to sin?
4. Who is your master? How do you know?

PRAYER

- ◆ Thank God for making a way out of slavery to sin
- ◆ Ask God to be your master and direct your life
- ◆ Ask God to bless the church service tomorrow

FRIDAY

READ: Ephesians 4:22-24

Caterpillars are pretty amazing creatures. They start out as little white pupas. Then, in a short while, they grow into chubby, fuzzy, and often times, colorful little worms with dozens of stubby legs. During their time in this stage, caterpillars can eat up to 86,000 times their own weight!

After about 8 weeks, they weave a cocoon around themselves. In this cocoon, the caterpillar completely changes. Its old body is shed away (molted) and in its place comes a brand new body with wings! It is no longer a caterpillar, it is now a butterfly.

1. Do you think it is possible for people to completely change like a caterpillar completely changes?
2. In the Bible passage for today, it talks about getting rid of the old self and putting on the new self. What do you think that means?
3. Some people always seem to worry, be angry, be mean, be greedy, etc. Do you think God can completely change those people?
4. Do you think God can completely change you?

PRAYER

- ◆ Thank God that He can change people for the better!
- ◆ Ask God to change anything that is bad in your life

TUESDAY

READ: Luke 12:22-34

There are just sooooo many things to worry about. You could worry about your grades in school; you could worry about how to make friends; you could worry about the kind of clothes you have (or don't have); you could worry about things that scare you at night; wow, you could worry about *a lot* of things.

Perhaps, this is why Jesus spoke so much about worry. When you were reading this Scripture, maybe you were thinking, "Hey, didn't we just read this yesterday!?!?" Well, you sort of did. This Scripture is just another mini-sermon Jesus gave on not worrying. I guess that means Jesus must want us to NOT worry!!!

1. Would you say that you are a worrier? Why or why not?
2. What is Jesus' solution to worry in today's Scripture?
3. Jesus says whatever you think most about is where your heart is. What do you think most about?
4. What can help you think more about God and His kingdom?

PRAYER

- ◆ Thank God for all that He has blessed you with and for how much He loves you
- ◆ Ask God to lead you closer to Him and further and further away from worry

WEDNESDAY

READ: Genesis 26:1-11

Kevin was known for a lot of good things. But, unfortunately, what he was known most for was lying. If he forgot to do his homework, he said the gerbil ate it. If he forgot to clean his room, he told his parents that he did clean it up. Only, the neighbor's goat must have messed it up again. If he purposely hurt his younger sister, he would blame the hermit crabs. Kevin just lied all the time.

Many times, Kevin's dad tried to help him understand that lying ruins trust. All of Kevin's lying would keep people from trusting him, and keep him from being an honest boy that God could use.

1. Have you ever been caught lying? When was it?
2. God told Isaac He would be with him and protect him. And even though God is ALWAYS honest, what did Isaac do to show that he didn't really trust God?
3. What did he lie about?
4. Why is lying never a good thing to do?

PRAYER

- ◆ Thank God that He is always honest and trustworthy
- ◆ Ask God to strengthen you to be honest and trustworthy

THURSDAY

READ: Matthew 8:23-27

9 year-old John was constantly worrying. A bigger 11 year-old named Alex was bullying him almost every day on the playground. Finally, tired of worrying about how Alex would bully him, John decided to gather up all of his allowance and hire "Mongo" as a bodyguard. Now, Mongo was almost seven feet tall and weighed 422 pounds!

For the next couple of weeks, John made sure Mongo came to school with him every day. Yet, can you believe it? John still worried all of those days about Alex bullying him!!

1. Do you think you would worry about bullies if you had Mongo with you?
2. It seems pretty foolish of John to worry about stuff when he had Mongo with him, yet do you tend to worry about stuff even though you have Jesus with you?
3. What did the disciples do even though they had Jesus right in the boat with them?
4. How would it help you if you reminded yourself that Jesus is always with you?

PRAYER

- ◆ Thank Jesus that He always wants to be with you
- ◆ Ask God to remind you that Jesus is with you