

Do not be Worried

(St Matthew 6:24–34)

Jesus said, You cannot be a slave of two masters; you will hate one and love the other; you will be loyal to one and despise the other. You cannot serve both God and money. This is why I tell you: do not be worried about the food and drink you need in order to stay alive, or about clothes for your body. After all, isn't life worth more than food? And isn't the body worth more than clothes? Look at the birds: they do not plant seeds, gather a harvest and put it in barns; yet your Father in heaven takes care of them! Aren't you worth much more than birds? Can any of you live a bit longer by worrying about it?

And why worry about clothes? Look how the wild flowers grow: they do not work or make clothes for themselves. But I tell you that not even King Solomon with all his wealth had clothes as beautiful as one of these flowers. It is God who clothes the wild grass—grass that is here today and gone tomorrow, burned up in the oven. Won't he be all the more sure to clothe you? What little faith you have!

So do not start worrying: 'Where will my food come from? or my drink? or my clothes?' (These are the things the pagans are always concerned about.) Your Father in heaven knows that you need all these things. Instead, be concerned above everything else with the Kingdom of God and with what he requires of you, and he will provide you with all these other things.

So do not worry about tomorrow; it will have enough worries of its own. There is no need to add to the troubles each day brings.



Understanding the Story:

Who is King Solomon?

Solomon was the son of David, the second king of Israel. Solomon was the third king of Israel. He was famous for his wisdom and for his wealth.

He used his money to build a great temple for God in Jerusalem.

This is the same temple where, centuries later, Jesus was presented as a baby. This is also where he was found by His Mother Mary and Joseph, talking with the elders and teachers. As an adult Jesus worshipped in the Temple and many stories

from the Gospels tell us about Jesus teaching in the Temple.

The Temple was destroyed by the Roman army in the year 70 AD. Before it was destroyed, the Temple was the centre of religious life in Ancient Israel. It is where the people would offer sacrifices to God.



Solomon's Parents, King David and Bathsheba



Answer the following questions about Jesus' teachings in today's Gospel reading:

1. List the things that Jesus tells us not to worry about

2. List the two examples from nature that Jesus uses to help us understand His message

3. What does Jesus say we should focus on? And what will God do for us if we do?



Bible Verses about Anxiety:

- “Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.” (*Joshua 1:9*)
- “I will fear no evil: for you are with me; your rod and your staff, they comfort me.” (*Psalms 23:4*)
- “Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.” (*St John 14:27*)
- “Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” (*Philippians 4:6-7*)
- “Cast all your anxiety on him, because he cares for you.” (*1 Peter 5:7*)



Memorise your favourite verse and recite it whenever you feel worried or nervous!

Name: _____

Do not be Worried

M G O S P E L W X Q G E O B B B K G
F P R O V I D E T H K D U H O I Z W
L O S O L O M O N O F A M J D R S G
O C L O T H E S V T M A J P Y D Y X
W E N K I N G D O M R O I E N S U W
E G E I L I F E G B F O R T S E P S
R B I B L E X M D F A E U R H U E R
S J X U P T C L W P T K S B O E S D
G U J Y K N M A T T H E W F L W I I
U H E P W O R R Y W E G O D B E P R
V H E A V E N Z T Y R X I Y N B S E
L X N M S W E W B T D Y D X H J G G

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

BIBLE
BIRDS
BODY
CLOTHES
FAITH
FATHER
FLOWERS

GOD
GOSPEL
HEAVEN
JESUS
KINGDOM
LIFE
MATTHEW

NEED
PROVIDE
SOLOMON
TOMORROW
TROUBLES
WORRY