

IT'S TIME FOR A WALK!

Take a family walk in your neighborhood!

LOOK FOR:

Rock, Leaf, Skinny stick, Bird, Squirrel, Flower, Grass,
or add your own ideas too!

READ:

While you are walking or on a stop along your path look up Matthew 6:25-34 and read it to your family. You may have one of your children read it to everyone. You may stop to say, "Wow! (Insert part of the passage you want to emphasize here), God really takes care of us!"

ASK:

Ask, "What are some things you worry about?"

"How can we help you trust God in the things that you worry about?"

"How can you choose to trust God when you are dealing with worry?"

Let everyone answer each question. You can share what worries you and how you handle trusting God in those things.

PRAY:

Pray for each family member and for the things that they worry about.

Encourage each family member to pray for another family member and their worries.

