

ONLINE SUNDAY SCHOOL

MARCH 15, 2020

SCRIPTURE MATTHEW 6:25-34

"Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. "So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today."

REFLECTION QUESTIONS

What are you worrying about today?
Think of 1 or more times in your life where you have trusted God to take care of you.
Who are caregivers in your life?
How can you be a caregiver?
Where do you find hope today?

RESOURCES FOR ADULTS

Centering or contemplative prayer is a way to focus one's attention on the presence of God despite any attendant distractions or worries. We encourage you to explore the following links for two forms of contemplation that may be helpful in these anxious times. The first is an article about breath prayers from Sarah Bessey. The second is a video describing the practice of centering prayer from Thomas Keating, one of the developers of modern day Centering Prayer.

Blogpost on Breath Prayer by Sarah Bessey:
<https://tinyurl.com/unjobvk>

Thomas Keating on Centering Prayer:
<https://tinyurl.com/u64hfuo>

ACTIVITIES FOR ALL AGES

Take a Nature Walk - Look for the birds of the air and the flowers that are beginning to bloom. Remember that God cares for all of creation including us. God is with us.

Make Worry Dolls - Use the link below for a fun craft project of making worry dolls from sticks and string. You can ask the worry dolls to hold your worries for you, just like you can ask God to hold your worries.

<https://happyhooligans.ca/homemade-worry-dolls/>
Color - There is a coloring sheet on the next page of the lilies of the field. Take time to color and to pray.

CLOSING PRAYER

God of Ever-Present Love, hold our worries, calm our fears, strengthen our spirits, and help us take care of one another in this time of uncertainty. Amen.

