

# Why Worry?

By MissHeather

A lot of people are doing a lot of worrying right now!

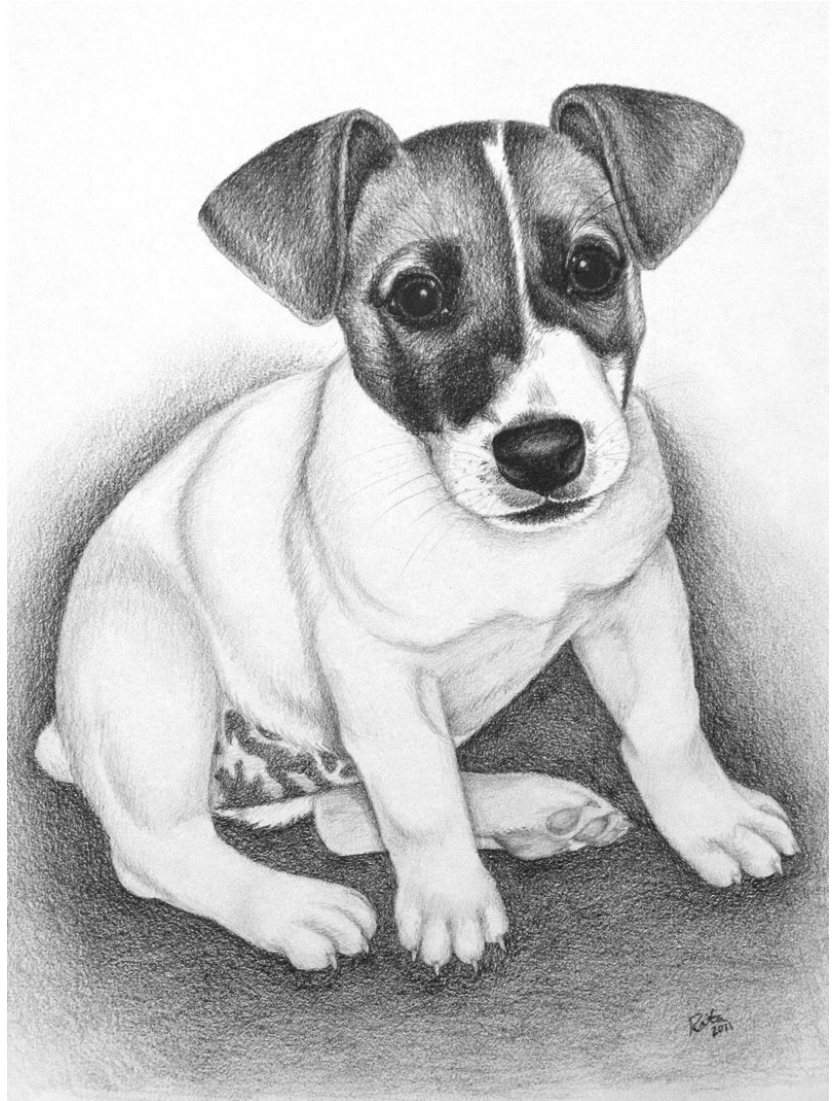
Will I be able to get enough toilet paper?

When can I go back to school?

When will I ever see my friends again?

When will life go back to normal?

Let's see what God says about worrying. You will need to look in your Bible at the New Testament. It's the smaller half of the Bible. We want the first book of the New Testament (Matthew) and we are looking for the big number 6.



Matthew 6 International Children's Bible (ICB) 25 *"So I tell you, don't worry about the food you need to live. And don't worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes. 26 Look at the birds in the air. They don't plant or harvest or store food in barns. But your heavenly Father feeds the birds. And you know that you are worth much more than the birds. 27 You cannot add any time to your life by worrying about it.*

You might think to yourself that it's easy for Matthew to talk about not being worried. He wasn't living through Coronavirus! It's true that Matthew didn't know what you would be facing today, but God did know!

God knew that we would be worrying about school, jobs, hand-washing, friends and even toilet paper! God knew that things would be crazy right now and that is one of the reasons He had Matthew write down this part of the Bible.

We are told:

Matthew 6 International Children's Bible (ICB) 33 The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you.

In other types of the Bible it says to SEEK FIRST. Like we learned from Vega, when we SEEK we are looking, hunting, wanting, digging. We need to be seeking in God's Word the Bible right now. Seeking what God wants to tell us and how God wants us to behave. We cannot control everything that is happening in our world right now, but we can seek God first and try to live the way He wants us to.

This part of the Bible ends with this:

Matthew 6 International Children's Bible (ICB) 34 So don't worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries.

