



Do not worry

AT A GLANCE


Bible

Matthew 6:25–34


Topic

Dealing with worries and pressure to perform


Takeaway

Living today and trusting God



8 minutes



Object: a flower



Preparation: 5 min



indoors or outdoors



Make it personal: In two sentences, share something you have experienced yourself on the topic “Dealing with worries and pressure to perform”. Real stories stick best.



How the devotion works

1 min

Opening

Ask: What is costing you the most sleep at the moment? Everyone thinks about it quietly.

2 min

Bible text

Read Matthew 6:25–34. Jesus points to the birds and the lilies: they do not sow, they do not spin – and God takes care of them. “Seek first the kingdom of God ... do not worry about tomorrow.”

3 min

Thought

Jesus does not forbid planning, but he does forbid wearing yourself out. School, looks, the future, social media – lots of pressure. Jesus invites us to take a step back: you are worth more than a bird. Each day has enough trouble of its own; you do not have to carry it all today.

2 min

Conversation

Which worry do you want to hand over to God on purpose today?



Do not worry



Prayer to read aloud

Father in heaven, you take care of the birds and the flowers. I give you my worries. Give me peace for today. Amen.



To think further

- What is the difference between worrying and planning ahead?
- Who can you talk to about worries that will not let go of you?



For leaders

- Never put young people on the spot: ask open questions, nobody has to answer.
- Let one of the young people read the Bible text aloud.
- Encourage them to say the prayer themselves – the written prayer gives confidence.



Section: Well-known Bible stories. You will find matching group meetings and more devotions at scouts-cloud.com.