



WORD OF THE WEEK: Matthew 6:25-34

Jesus said to his disciples: "Do not worry about your life. Don't worry about having something to eat, drink, or wear. Isn't life more than food or clothing? Look at the birds in the sky! They don't plant or harvest. They don't even store grain in barns. Yet your Father in heaven takes care of them. Aren't you worth more than birds?"

Don't worry and ask yourselves, "Will we have anything to eat? Will we have anything to drink? Will we have any clothes to wear?" Only people who don't know God are always worrying about such things. Your Father in heaven knows that you need all of these. But more than anything else, put God's work first and do what he wants. Then the other things will be yours as well.

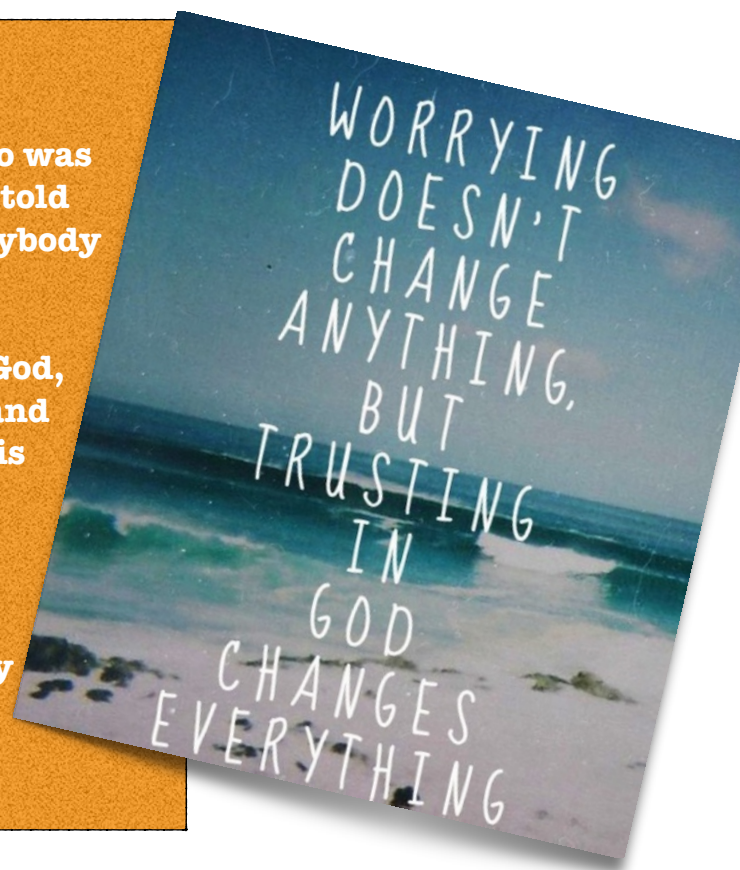
**Don't worry about tomorrow. It will take care of itself.
You have enough to worry about today.**

SOMETHING TO THINK ABOUT...

There is a commonly-told story about a boy who was sent up to bed one night, and when his parents told him to say his prayers, he replied, "Ok, does anybody want anything?!"

Sometimes we like to make a shopping list for God, because we think we know what is best for us and what we need. But, Jesus reminds us that God is our loving Father, who knows everything we need, and will provide for us when he needs to.

Trust is the key to faith...if we allow God to be God, then we will grow in faith. If we trust only ourselves, then we will become self-centred and greedy. Who do you trust?



SOMETHING TO TALK ABOUT...

Who are the people you trust most in your life?
What makes them trustworthy?
How can we help people to trust us?

Trust is the foundation of love.



SOMETHING TO DO...

Trust can be encouraged with good communication skills. This activity aims at working on those skills:

In pairs, ask one person to draw something without showing their partner. Once they are done, they have to hide it and give instructions to their partner to make the same drawing, without giving any clue. For example, if they have drawn a face, they can say things like 'draw a big circle, then draw two more circles' and so on. Once done, the partners have to compare the drawings.



PRAYER FOR THE WEEK...

Loving Father,
We come before you with trust,
knowing that you will give us
everything we need.
Help us to grow in gratitude,
persevere in faith,
and rest in the
knowledge of your great
love for us.
Through Christ our Lord.
Amen

Acronym: T.R.U.S.T. is...

- Turning over every aspect of my life to God
- Realizing that He already has a perfect plan for me
- Understanding that I may not always understand!
- Seeking His will every step of the way
- Thanking Him when things don't turn out as expected

WHAT'S ON THIS WEEK...

CHAPEL CAFE is on
Friday lunchtime.
Come along for hot
chocolate and
biscuits!



A bird sitting in a tree is not afraid of
the branch breaking, because her
trust is not in the branch, but in her
own wings.

