

DAILY BIBLE READINGS:



These readings are related to the Lectionary readings for this Sunday. We invite you to take time each day to read the assigned Bible passage.

Sunday	Matthew 6:24-34	Do not worry
Monday	1 Kings 17:7-16	God provides for a widow
Tuesday	Jeremiah 17:5-8	Blessed is the one who trusts God
Wednesday	Luke 12:22-31	Why do you worry?
Thursday	Philippians 4:4-9	Do not be anxious about anything
Friday	1 Peter 5:6-11	Cast your anxiety on God
Saturday	Psalms 104:1,10-28	God cares for all the earth
Sunday	Matthew 17:1-9	Jesus shines on a mountain

SCRIPTURE VERSE FOR THIS WEEK:

"Your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need." *Matthew 6:32-33* (NLT)

SAY, PRAY AND BLESS:

A Prayer for the Week:

Lord God, help me trust in you more today and to worry less about me. Amen.

Epiphany Mealtime Prayer:

Christ our light, shine upon us. Refresh us through this meal to reflect your love to others. Amen.

A Blessing to Give:

May God give you the faith to trust. May God take away your worries and give you everything you need. Amen.

CARING CONVERSATION:

Discuss in your household or small group:

- What are some things that cause you to worry?
- Does worrying about something help us? Why or why not?
- What does Jesus say to us about worrying? How could you apply his words in your everyday life?

DEVOTIONS:

In Isaiah 49:15-16, God says, "I will never forget you." God has even written words of love on the back of God's hands! As part of your home devotional times this week, write the words "God cares" on the back of one another's hands with pen or felt markers. Use these words as reminders not to worry and to give you concerns over to God who cares for you. Share your concerns with one another and take time to pray about them.

SERVICE:

God uses our fellow Christians to help remind us to turn to God with our worries. Is there someone in your congregation, community or friendship circle who is experiencing a time of stress or worry? Talk about how you can support this person this week. Decide on one action step you can take to remind them that God cares.

RITUALS AND TRADITIONS:

Christian adults sometimes worry about the spiritual futures of children. Will they remain in the faith? Are we doing enough to share with them the message of God's love and claim upon all our lives? Make a habit of reflecting on these "worry busters."

- God cares for your children even more than you do and is already taking care of tomorrow.
- Instead of worrying about the future, focus on your own spiritual life in the here and now. You can't control a child's future choices, but you can strive to be a good example of faith and love in the present. You can't be perfect, but you can be faithful, and God can and will use that in the lives of the children in your life.
- Let your concern for the children lead you into prayer for them.