

# A passage to unpack

## Matthew 6 v 25-34

Find Matthew Chapter 6 in your Bible and read verses 25 to 34.

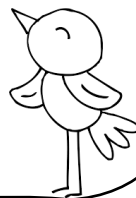


Verse 26 talks about how God provides for the birds of the air. Spend 5 minutes looking out of a window or spend some time in the garden looking for birds.

How many birds did you see?

Can you name any of the species of bird you saw?

Draw a bird here:



Sometimes we can take for granted the things that we have and use every day. Write a list of some things which you use every day that you can say thank you to God for.

## Thank you God that I have...

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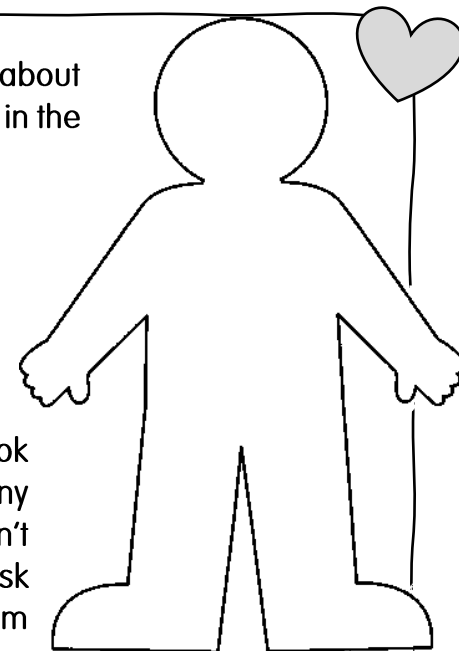
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Verses 28 and 29 talk about how beautiful the flowers in the fields are.

Sometimes we can worry about how we look or what we wear but God loves us just the way we are.

Decorate the person to look like you. If there are any bits of you that you don't like very much why not ask God to help you see them through His eyes.



This passage tells us not to worry but to seek God first.

1 Peter 5 v 7 says **"Give all your worries to him, because he cares for you."**

Write or draw anything you are worried or scared about in the space below and ask God to take those fears away.