

CHAPTER 14

Our Heavenly Father's Care: Don't Worry, Be Happy

THIRD PETITION, LORD'S PRAYER

*"Let advance worrying become advance thinking and planning."
Winston Churchill*

Adam and Eve trembled with fear in the Garden of Eden, and man has been afraid ever since. If you live in fear and worry, you live in an emotional prison, behind bars more powerful than steel. Fear is one of our greatest enemies. It paralyzes our abilities and stunts our growth in every area of life. Fear destroys goals, dreams and potential. Since the enemy controls fear, and because fear works opposite from God's best for us, we must stay aware of these facts. Fear and worry are powerful. They can rob you of your confidence and take away your initiative.

Focusing on your troubles diverts your attention away from God. The best way to remove stress and worry is to crowd those thoughts out with optimism, scripture, and boldly seek God's overcoming strength. Part of the kingdom message includes helping to deliver mankind from the slavery of fear. "Be not afraid" were the first words announced by the angels in many circumstances throughout scripture. Jesus also said "do not be afraid" often to the disciples. God is our Father, and the devil cannot win over God. No hurt or worry is beyond the reach of our loving heavenly Father. Only God has the ability to calm our fears and give us peace from our worries. We are in God's hands and those are the best hands in the universe.

God has given us the privilege to be part of His plan and handiwork. Focusing on His greatness puts our needs in perspective and encourages us to rest easy. Jesus taught us to think of the whole world as being under the control of our heavenly Father, who loves us and cares for us. Jesus wants us to live by faith, remembering "All things work together for good" for His children. When the going gets tough the faithful child of God knows that the Holy Spirit's power is sufficient to carry him through. As we look at this week's lesson ask what such faith and fearless living can mean to you as a young person in today's world?

Don't Worry, Be Happy

"For this reason I say to you, 'Do not be worried about your life, as to what you will eat or what

you will drink; nor for your body, as to what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? And who of you by being worried can add a single hour to his life? And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin; yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! Do not worry then, saying, “What will we eat?” or “What will we drink?” or “What will we wear for clothing?” For the Gentiles eagerly seek all these things: for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be added to you. So do not worry about tomorrow: for tomorrow will care for itself. Each day has enough trouble of its own” (Matthew 6:25-34, New American Standard Bible).

DAILY BIBLE STUDY FOR CHAPTER 14

SPOTLIGHTING GOD'S WORD

Monday: Luke 12:22-25. What does Jesus' tell us in these verses?

Tuesday: 2 Timothy 1:7. What has God not given us and what has God given us? Use KJV.

Wednesday: Isaiah 26:3. What will we have with a steadfast mind?

Thursday: Philippians 4:6-7. Should we be anxious? What are we promised in verse seven?

Friday: Ephesians 5:20. When should we give thanks and for what?

TAKE A STEP AHEAD WITH PRAYER

Dear Lord,

Thank You for our wonderful world that You have made. Help me to live without worry and fear in my life. Help me to remember that fear destroys peace of mind, and I need not be afraid. Remind me not to be burdened with loads I should not be carrying and to cast my cares on You. Teach me the secret that each day brings new hope and joy.

Remind me I should trust You completely. Bless me as I develop the discipline of maintaining a fixed focus on You. Help me to be grateful for all You have done for me. Remind me that life itself is a gift from You. May I show my gratitude and repay my debt to You in service to others. Help me live with joy and optimism concerning my future.

In Jesus' Name, Amen.

DIGGING DEEPER

- Discuss with the students one thing they are most afraid of. God has given us a weapon against fear; it's called courage. Ask God to give you grace and stand firm to face your fears.
- Discuss what goals the students may set for themselves to be more confident in overcoming a particular fearful situation.

NOTEBOOK ACTIVITIES

- Have students collect several illustrations from newspapers or magazines that represent a fearful situation.
- Have students collect illustrations of beautiful scenes of nature, food, shelter, which suggest God made the world and is responsible for our care.
- On one half of a sheet of paper make a list of some circumstances in their life that makes them feel fearful. On the other half find “fear not” Scriptures and list beside each related circumstance.



“Worry does not empty tomorrow of its sorrow; it empties today of its strength.”

Corrie Ten Boom

TAKE A CLOSER LOOK! Third Petition

“Give us this day our daily bread” (Matthew 6:11).

Understand & Apply.

God indeed gives daily bread to all men, even to the wicked, without our prayer. We pray in this petition that He would lead us to acknowledge our daily bread as His gift, and to receive it with thanksgiving.

Everything required to satisfy our bodily needs, such as food, clothing, shelter, money, good parents, godly and faithful rulers in government, seasonable weather, peace and health; order and honor; true friends, and good neighbors should be included as our daily bread.