

Eighth Sunday of the Year

Do not worry

INTRODUCTION

We are more precious to God than any living creature, and he will always take care of us. He will provide whatever we need, so we should not worry or be afraid, for he is always watching over us.

SIGN OF THE CROSS

LIGHT THE CANDLES

Sing the Candle Song together.

SORRY

We want to be like little candles, sharing God's light with the world around us. If we have done wrong and turned away from God's love and wandered off into the darkness, help us to be sorry and to turn back to the light. Say the following prayer:

Those who turn away from you do wrong;
those who are wise worship you.

Lord you see all that we do;

help us to do what is right. (Psalm 15:2-3)

GLORIA

GOSPEL ACCLAMATION

To welcome today's Gospel sing Acclamation 2.

GOSPEL (MATTHEW 6:25-34)

One day Jesus said to his friends, "Do not worry about what you have to eat and to drink, or how to clothe yourselves. Life is more important than food, and the body is more important than the clothes you cover it with.

"Look at the wild birds around you; they do not know where their next meal will come from, yet your heavenly father feeds them. Surely your lives are more precious than those of the birds.

"See the wild flowers in the field, they do not clothe themselves, and yet they are more beautifully dressed than the richest king! God dresses all these flowers, and yet how unimportant they are compared to you. So do not worry about what tomorrow holds.

"Live a life filled with goodness and do as my father commands, and he will take care of all your worries, for you are very precious to him."

DISCUSSION

Often we worry about small unimportant things. If we worry about ourselves and the things which affect our lives, we can grow into selfish people who always put our own needs first.

Jesus wanted us to realize that God will provide everything we need. What were the two examples he gave us of God's constant care?

1. God loves and cares for the little birds, providing food for all their needs.

2. Every year without fail, the wild flowers in our gardens and fields are covered with blossoms in all shapes, sizes, and colors. God makes all this happen.

What does Jesus want us to do? He wants us to share our worries with God and realize just how much God loves and cares for us. For we are more precious than all the birds and the flowers. If we have a worry, whether it is large or small, it never seems to be so bad if we can share it with someone else and talk it over. The worry or trouble seems to grow smaller and less important.

Jesus wanted us to understand that we should share our trouble with God and trust him to take care of us. Then we can free our hearts and minds of worries so that we will have more time and space for God's love and goodness to work in our lives.

ACTIVITY

Ask each child to draw a picture of themselves on a sheet of paper; then give each child some flowers and birds to be cut out and colored. (You may find it helpful to do the cutting yourself beforehand.) Have the children glue the flowers and birds around the picture of themselves. Add the caption "Do not worry, God never forgets you."

CREED

CLOSING PRAYER

Lord, I feel your love
around me always.

In times of trouble you are there.

Your love always makes things right again,
because you share
your unending goodness with me.

