



Family Time

Main Idea:
Life is Worship



Key Verse: Matthew 6:32-33

³² For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. ³³ But seek first the kingdom of God and his righteousness, and all these things will be provided for you.



Set it Up:

When is a good time to pray? (Before meals, before tests at school, before bedtime, all the time)

Re-read the key verse.

What will God, our Heavenly Father give us? (All our needs, not all our wants)



Discuss:

What are some of our daily needs? List some of them below.



How does God meet our daily needs?



When you look at God's creation, what are you thankful for? (E.g., sky, trees, lakes, birds, etc.)



Activity:

Get outside to a park or a place that has lots of trees and natural beauty. Bring your list from above, along with a grocery bag for each person.

You are on an expedition to collect things that remind you of God and how He provides for you. Spend ten minutes collecting the material and then sit down together and share with each other what you have in your bags and how it reminds you of God's provision.

Prayer Time:

Ask God to help you see Him in each part of creation and in other people.

After taking time to pray, turn on your favorite praise and worship song and have fun singing together. (Have lots of fun doing this together.)

WEEK 7: A STRESS-FREE LIFE