

DON'T WORRY, BE HAPPY

Bring it on,

MONDAY

Be ...

relaxed

Groovy, it's

TUESDAY

So, here's the story ...

Jesus crossed to the far shore of the Sea of Galilee and a great crowd of people followed him because they saw he was healing the sick. Then Jesus went up on a mountainside and sat down with his disciples. He said to Philip, "Where shall we buy bread for these people to eat?" He asked this only to test him, for he already had in mind what he was going to do. Philip said, "It would take more than half a year's wages to buy enough bread for each one to have a bite." Andrew, Simon Peter's brother, said, "Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?"

Jesus said, "Have the people sit down." There was plenty of grass in that place, and they sat down (about five thousand men were there). Jesus then took the loaves, gave thanks, and (tearing the food into pieces) distributed to those who were seated as much as they wanted. He did the same with the fish.

When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted."

So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten. After the people saw the sign Jesus performed, they began to say, "Surely this is the Prophet who is to come into the world."

**Read the story for yourself in
John 6:1-14**

Take it to God

Thank God when you pray, letting Him know that you do see the good things He has done — and is doing — for you. He can change any situation to make things work out when you have faith.

Halfway there

WEDNESDAY

You wanna be ...

relieved

reassured; satisfied;
soothed; comforted;
consoled; comfortable

or

anxious

disturbed; dreading;
apprehensive; concerned;
nervous; restless; wired;
strung-out

'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.'

Phil. 4:6

Throw your hands up

THURSDAY

Make a difference ...

Step up:

Every time you get worried about something, go to your Bible (or do a search online) and look for scripture verses that encourage you to not worry or be anxious.

Take it up a notch:

All this week, write down things you get worried about and put a scripture verse (that reminds you God is in control) next to each one. Then pray about those things. Practice building prayers for things you care about. Write them down so you can go back to them over and over again. When you make a prayer, remember to acknowledge you need God and that He is Lord over your life, praise Him for all He's done, ask Him to provide for the needs you have and for forgiveness (and forgive others). Pray for protection against anything that is evil and for God's will over your life. Psalm 91 is good for finding the words to say.

Poll your friends ...

Would you ask for prayer if you find yourself worried for a long time about something in particular?

Yes

No

Jesus did lots of miracles while He was on the earth. Read about one of them here:

Luke 13:10-17

FRIDAY

Finale

Cast your cares on God instead of your brain



WEEKEND

Woodstock

A.M.

Okay, so worry is very similar to last week's lessons on stress. But there are some differences. When I think of worry, I tend to think about distrusting God. If you really trust what the Bible says to be true, then God is worthy of your trust. And He is faithful, no matter what.

So if you focus all your time on worrying about something (or lots of things), then you haven't spent enough time learning to trust that God's got your back.

You can get that encouragement by reading your Bible, doing Bible studies to understand what it means, keeping your mind on good things that God would want you to pay at-

tention to, avoiding all the junk that's going to bring you down — no matter how popular it may be or if it's what your friends are into.

The more you get to know God, the more you will trust Him. The more you learn to rely on Him, the more you will see His faithfulness to you.

The more you pray and spend time with God, the more you will notice He is right there with you through everything no matter how insignificant it seems.

What better way to gain that trust but to get close to your Creator. He loves you and He wants to spend time with you. He doesn't want you worried when you don't have to be.

Sat.

NOON

P.M.

Did you know?

Did you know how crazy Andrew must have sounded when he brought forward the boy's small basket of fish and bread? Yes, he was convinced, like everyone else, that it wasn't enough to even consider, but at least he offered what was there to work with.

Jesus, of course, used the situation to remind his students — and thousands of people on that hillside — that He was bigger than the need, and able to deliver, as always.

SUN.

Eve

So, let's wrap it up



Vicky's
VIEW

There's a time when worry can be even more of a problem than usual. That's when we are praying and believing for something and we start to doubt and give up. Worrying that God isn't really hearing us, or He doesn't want to help, or He isn't even powerful enough to do anything. Those are sure-fire ways to stop the answer from coming. It will stop dead in its tracks the minute you give up on it. In 1 John 5:14-15, it says, "This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that he hears us — whatever we ask — we know that we have what we asked of Him."

The other thing you really need to keep in mind is a very important phrase plugged in there ... according to His will.

Sometimes what we pray may not be aligned with His plan. That doesn't necessarily mean that He won't answer a prayer we have, but He may do it in an unusual way or very differently than what we expected. As I have had to rely on and trust God more and more, I have found that sometimes the best prayer I can pray is, "Lord, Your will be done."

No matter what that ends up being.

He tells us in Romans 8:28, "And we know that all things work together for good to those who love God, to those who are called according to His purpose."

For those who love Him and are called according to His purpose, He works out all things to end up good.

We can trust Him to do the best thing — whatever that thing is. No matter what

way or how long He takes to achieve it.

So when I don't really know for sure how my prayer should go or what to say, I simply pray for His will to be done.

I can't think of much that is a bigger waste of hope than to pray for something that His ears are not going to honor. Not that we mean to pray wrong, but we are human; we don't always know what's best or have what's best in mind. Sometimes we just want what we want. Or we aren't considering other options that might be better than what we're aware of.

We gotta remember, too, that He's working on everybody at the exact same time and weaving together the right outcome for all His children, and the lost, and those who need help and don't know it, those who need help and do know it, and those who need help

but don't want it ... everybody.

There's no way to wrap your brain around how He does all that He does. That should be a good reminder of just how big He is and what He's capable of.

Yet another reason to trust Him — and not worry. Worry is a clear indicator that faith is not being applied.

God knows who believes.

"By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles? Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognize them."

Ponder this:

How many times have you been focused on worry this week?

Time to take charge of your life:

_____ has been bugging me lately, bringing me down. What can I do to change that? Do I need help from someone else? Who?

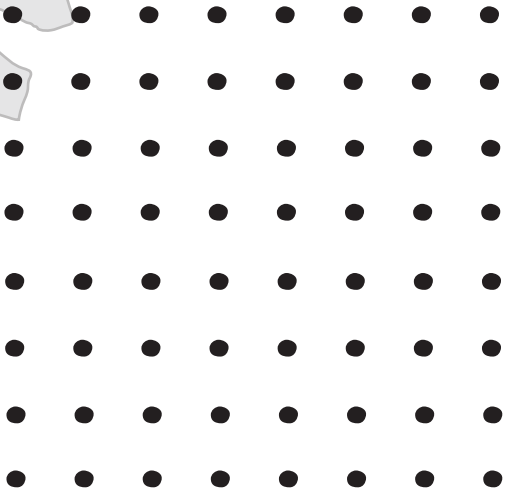
Something good that happened this week was:

Let's read:

John 6

Claiming the promised land

To play, connect two adjacent (next to each other) dots. Take turns with your opponent. If you complete a square, you get another turn. The one with the most squares at the end of the game wins.



You are ...

sweet

Wandering the wilderness

Make your way along the words to make a sentence. Your journey will form one single path. You can only go north, south, east, or west and the path must never cross over itself. Start at the northwest corner and finish at the southeast corner.

N
 D H E H I N
 O T R T T G
 W — E I E I G H B
 S T S U A C E
 S R I G H T

answer on page 333

Matthew 7:7

answer on page 317

B	S	T	W	O	S	Y	S	N	G	I	S
R	Y	B	S	T	E	K	S	A	B	L	T
E	P	H	I	L	I	P	T	I	A	W	G
A	C	E	R	H	S	I	F	D	E	F	A
D	N	A	S	U	O	H	T	L	W	I	L
F	B	T	S	L	O	A	V	E	S	V	I
T	M	E	O	N	D	E	C	U	R	E	L
I	J	G	M	U	L	T	I	T	U	D	E
S	U	F	F	I	C	I	E	N	T	O	E

JESUS
GALILEE
MULTITUDE
SIGNS
EAT
BREAD

PHILIP
SUFFICIENT
LAD
BARLEY
LOAVES
FISH

TWO
FIVE
SIT
THOUSAND
BASKETS
TWELVE

Design

Save your answers and look at them again next month, next semester or next year!

DATE: _____

The time capsule

My favorite food is ...

My favorite hobby is ...

My favorite color is ...

My favorite song is ...

My favorite animal is ...

My favorite actor is ...

My favorite outfit is ...

My favorite movie is ...

My favorite book is ...

My favorite TV series is ...

My favorite music group is ...

My favorite dessert is ...

My favorite friend is ...

My favorite actress is ...

My favorite drink is ...

My favorite sport is ...

My favorite class is ...

My favorite car is ...

My favorite teacher is ...

My favorite shoes are ...

My favorite place is ...

My favorite store is ...

My favorite relative is ...

My favorite video is ...

My favorite time of day is ...

My favorite characteristic is ...