

# Worry Knot!

By Christy Olson



What does your family worry about most? By exploring Matthew 6:25-34 your family will explore what God has to say about worry. Make a knotted rope to replace worry with prayer.

**For**  
Young Family

**Season**  
Fall

**Needed**  
Bible (or see passage on last page), one yard of rope, one sheet of paper, highlighter pen

## Activity Plan

1. Begin in prayer.

*Worry can make us sick, God. Help us to read your Word and learn how to handle our worries better. Keep us praying as we face the scary feeling of worry. Amen.*

2. Talk about what it means to worry. Write each person's name down the side of the paper. Use these questions to fill in each person's worst worry.
  - Why do we worry?
  - How do you know when you are worried?
  - Who do you tell when you are worried?
  - What is your worst worry?
3. Read Matthew 6:25-34 from your Bible (or see the text on the last page). Underline things you sometimes worry about. Highlight words or phrases that explain why we should not worry. Read the highlighted parts a second time through.
4. In ancient Greece, small stones were rubbed to produce good feelings and get rid of stress. We will adapt that practice for family. Tie one knot in your worry rope for each worry listed on your piece of paper.
5. Stand in a circle and hold onto the rope. Say together,
 

*"We will not worry about tomorrow. And so we pray that we can stop worrying about \_\_\_\_\_."* End with a big **AMEN!**
6. Put the rope on your meal table to help everyone remember not to worry. In a week or so, revisit your list of worries and the rope. Try untying a knot together when a worry ends.

## Do Not Worry

### Matthew 6:25-34

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

