Jesus and his disciples were spreading the good news about God’s love everywhere they went. Large crowds began to follow him, wanting to hear his words. On a large grassy hill, covered in wildflowers and trees, Jesus gathered people. He wanted them to know how much God loved them. He wanted to help them learn to live in God’s way.

Jesus knew that the people had worries. He wanted to comfort them and give them hope.

Jesus looked at the people and said, “Don’t worry so much about what you will eat or drink or what you will wear. Life is so much more than food, and the body is about more than clothes.”

The people looked confused.

There were birds of all colors and sizes flying in the air and perched on branches in the trees. “Look!” Jesus exclaimed. “Look at the birds. They don’t plant seeds, harvest the grain, and store it in barns. Yet God provides for them. Aren’t you worth more than the birds?”

A few people started to respond, “But . . .” “What do I . . .?” “How will we . . .?”

He said, “Do you think you can add a single moment to your life by worrying about these things?” He continued, “And clothes. You do not need to worry about clothes. Look around at all the wildflowers in the fields. The flowers don’t work, make cloth, and dress themselves, but look at all their colors and designs. Even King Solomon in all his splendor didn’t look as fine and fancy as these flowers. Think about it. If God dresses up the grass in the field so beautifully, even though it’s alive today and tomorrow is wilted, withered, and walked on, won’t God do so much more for you? Sometimes you do not have faith in our God to take care of you!”

Jesus wasn’t unfeeling. He knew that people were hungry and thirsty and poor, but he wanted to remind them how they could depend on God for their needs and how living in God’s ways meant taking care of one another too.

Jesus said, “So don’t ‘But . . .’ or ‘What do I . . .?’ or ‘How will we . . .?’ You don’t need to worry. People who do not know our God worry about these things. Our God knows that you need to eat and drink and have clothes. Here’s what you should spend your time and energy on: seek God’s kingdom, God’s way of living and caring for one another. When we all do this, we will all have what we need to live.”
Use one or more activities from each section to explore grace and gratitude with your children this week.

**Recognizing God’s Grace**
- Read and enjoy the story with your children—imagine and wonder.
- Wonder together how God cares for your family.
- Make a list of worries on a sheet of paper. Use crayons to color all over the list of worries, representing the birds and flowers that Jesus says God cares for. Write, “Seek God first!” on a strip of paper, and tape or glue it over the paper to remember what Jesus says we should do.

**Responding to God’s Grace**
- Watch the YouTube video “Seek ye first the kingdom of God” (bit.ly/2U6xj5h). Learn the words and sing along with the song.
- Make a collage of birds and flowers. Use pictures from magazines or print pictures from the internet, or create birds and flowers of your own. Make a title: “Do not worry! God cares for you.” Add to your collage. Display the collage to remind you of God’s care.
- The story reminds us, “Here’s what you should spend your time and energy on: seek God’s kingdom, God’s way of living and caring for one another. When we all do this, we will all have what we need to live.” Find ways to help others this week. How can you share so that others may not worry as much? Can you share gently used toys, books, or clothing? Gather items together and give them to a women’s and family shelter.

**Celebrating in Gratitude**
- Make butterfly snack bags to share with friends. Use a plastic sandwich bag. Loosely fill with small snack items, such as goldfish crackers, grapes, and cereal. Using a spring clothespin, pinch the bag in half, making butterfly wings. Draw eyes on the clothespin. Use a pipe cleaner to make antennae.
- Make a bouquet of flowers using paper cupcake liners. Stack several liners together. Poke two holes in the center and thread a pipe cleaner through the holes to create a stem. Twist pipe cleaner. Cut slits around the liners. Fluff out the petals.
- Pray this prayer each day this week.

*Loving God, thank you for holding all our worries and caring for us. May we seek you first, and know, in doing so, you become more and our worries become less. Amen.*

Note: bit.ly web addresses are case sensitive.