

# CHILDREN'S LITURGY ONLINE

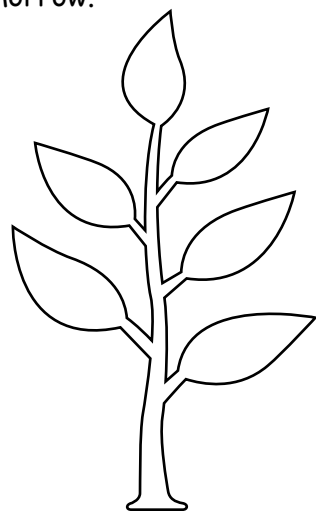
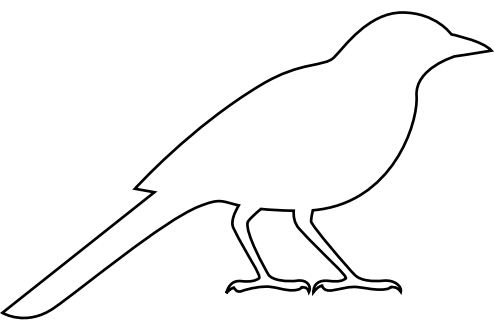
## 8TH AUGUST 2021

**"Don't worry"**

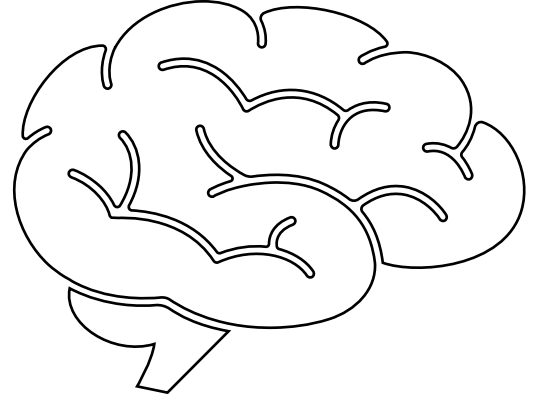
**Matthew 6:25-34**

"So I tell you, don't worry about the food you need to live. And don't worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes. Look at the birds in the air. They don't plant or harvest or store food in barns. But your heavenly Father feeds the birds. And you know that you are worth much more than the birds. You cannot add any time to your life by worrying about it.

"And why do you worry about clothes? Look at the flowers in the field. See how they grow. They don't work or make clothes for themselves. But I tell you that even Solomon with his riches was not dressed as beautifully as one of these flowers. God clothes the grass in the field like that. The grass is living today, but tomorrow it is thrown into the fire to be burned. So you can be even more sure that God will clothe you. Don't have so little faith! Don't worry and say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' All the people who don't know God keep trying to get these things. And your Father in heaven knows that you need them. The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you. So don't worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries.



# Questions to think about:



1. List some things that you worry about?

For example; I worry a lot about my school grades.


2. List some things that can help calm you down?

For example: When I'm worried I read, talk to someone I love, meditate, do a decade of the rosary or go for a walk outside.


3. What does Jesus say about the birds and flowers? This is a tricky one.


Hint: look at the middle of the passage

God created and continues to create many wonderful things. Do you ever stop and realise  
that you are one of those wonderful things?

It's easy to forget how wonderful and awesome we are so on the count of three we are going  
to yell all together "I AM WONDERFUL!"

Ready? 1... 2... 3...

**I AM WONDERFUL!!!!**

# Activities

## Activity 1: Worry Not Tool Box

Step 1: Write on the tools things that help you calm down

Step 2: Colour and cut out everything

Step 3: Staple the large rectangle onto the toolbox, following the dotted line to leave the top open

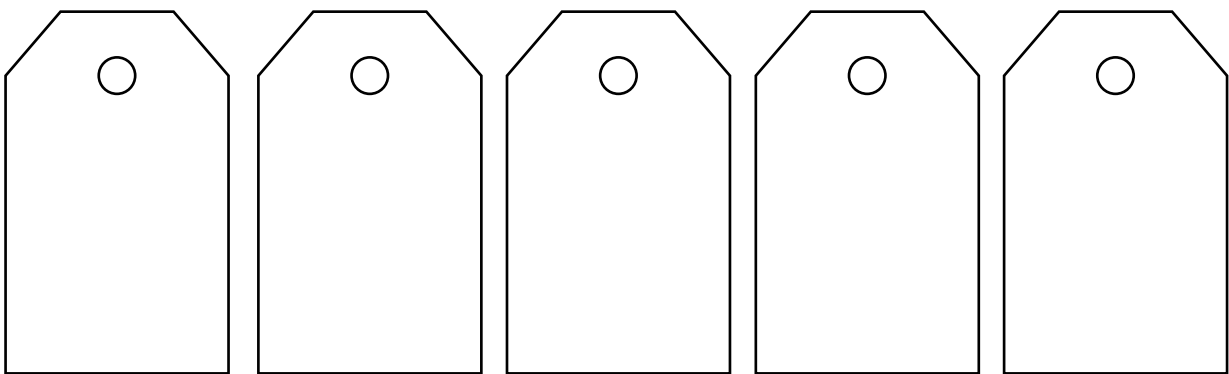
Step 4: Stick the small "Worry Not Tool Box" rectangle on the front of the tool box

Step 5: Put tools into your toolbox and remember to use these when you feel worried

Template from: <https://www.simpleeverydaymom.com>

## Activity 2: Worry tree

Cut out these tags and whenever you have a worry, write it down on a tag, go find your favourite tree and hang it from that tree. Let the wind carry your worries up to Jesus.



## Activity 3: Stress-Free Play-dough

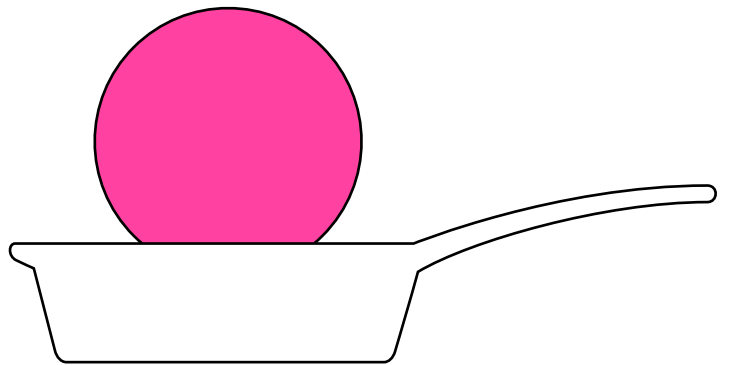
\*ask for help from a grown up for this activity\*

Recipe from: <https://www.bestrecipes.com.au/recipes/playdough-recipe/oyycpq9f>

# Stress-free Play-dough

## Ingredients

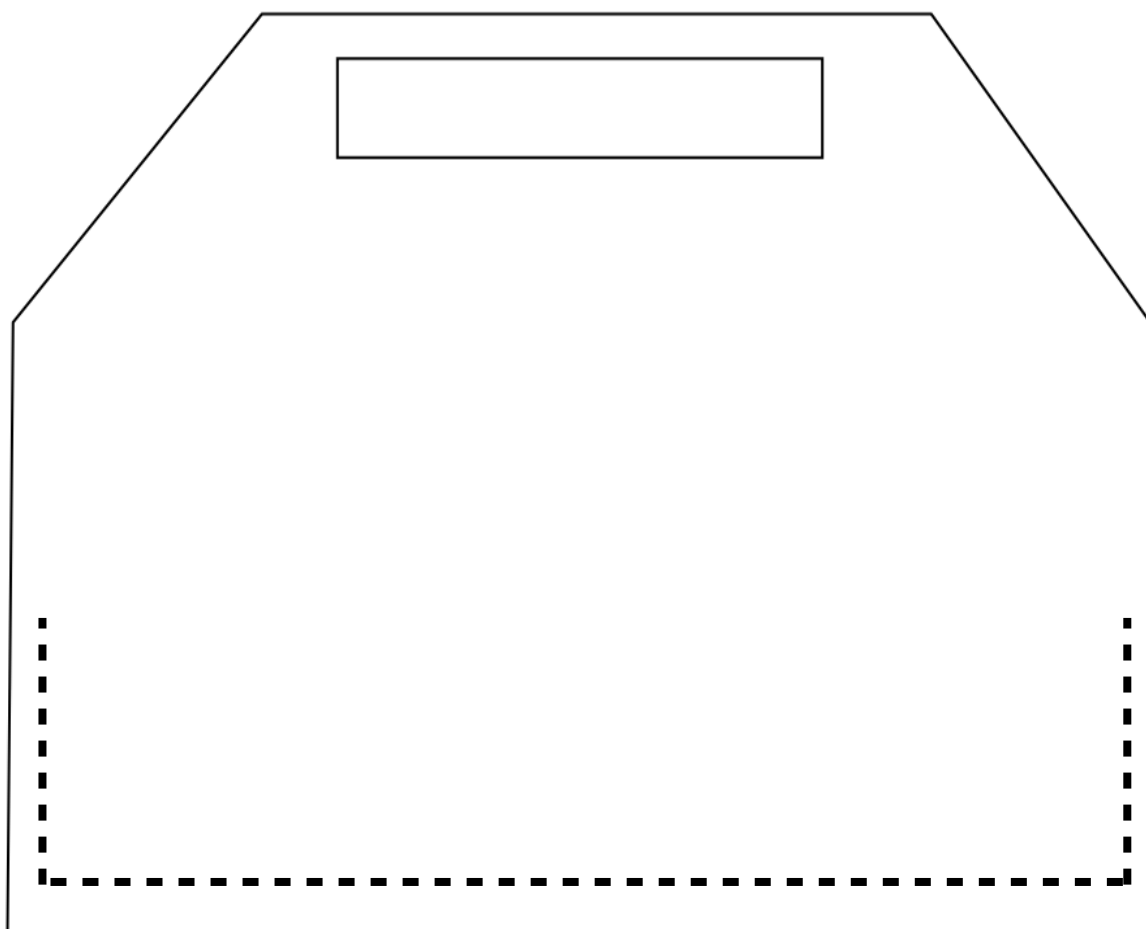
- 1/2 cup salt
- 1 cup plain flour
- 2 tbs cream of tartar
- 1 cup water
- 1 tbs oil
- 3 drops liquid food colouring



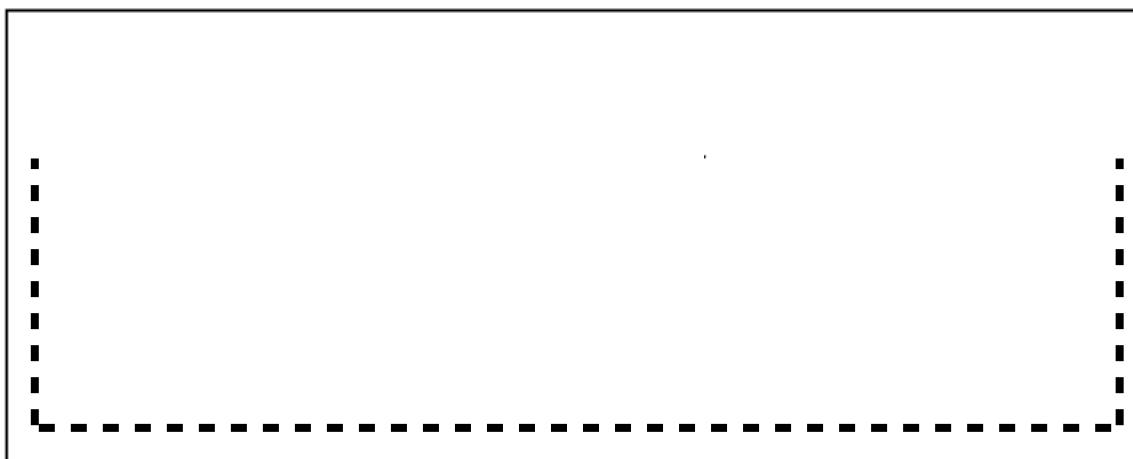
## Method

1. Mix all ingredients together in a medium sized saucepan (except for the food colouring)
2. Stir over low heat until dough is pliable
3. Allow to cool
4. Add 3 drops of food colouring and fold into dough (make sure you don't get it on your clothes)
5. Store in a sealed plastic bag or container





Staple this  
to the front  
of the tool  
box to hold  
your tools!



**WORRY NOT  
TOOLBOX**

Glue this smaller  
rectangle to the  
front of your tool  
box



