



**DAILY READING:**  
Matthew 10:29-31

**Worry isn't always** about the everyday needs you have. You might worry about accidents, war or terrorist attacks. There is something Jesus wants you to know when you're tempted to worry.

**MATTHEW 10:29-31** Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. <sup>30</sup>But even the hairs of your head are all numbered. <sup>31</sup>Fear not, therefore; you are of more value than many sparrows.



**THINK ABOUT IT!**

Just think how many sparrows there are! It's amazing that a sparrow can't fall without God allowing it. Sparrows aren't worth nearly as much as you are! What does verse 30 say God knows about you?

God knows you so well He even numbers every hair on your head! Why does verse 31 say you don't need to be afraid?

You don't need to worry about anything! You are worth more to God than many sparrows. Even if there is a war, God has the power to help you. If you are in an accident, God is still there. Nothing can happen that He doesn't know about and allow. You can trust Him completely with your life. What does your memory verse say you can do when you are worried about what might happen?

Will you do it?



**PRAY**

Ask God to help you trust Him no matter what happens around you.