



**DAILY READING:**  
Luke 12:25-26

**Josh was very** sick. His parents took him to the doctor. The doctor gave Josh medicine but he didn't take it. Instead he just worried about whether or not he would get well. Would worrying help him?

**LUKE 12:25-26** And which of you by being anxious can add a single hour to his span of life? <sup>26</sup>If then you are not able to do as small a thing as that, why are you anxious about the rest?



### THINK ABOUT IT!

Worrying can't help a sick person recover. It won't get you the things you need. What else does verse 25 tell you worrying won't do?

Worrying doesn't help with much of anything, does it? Then why do you think people worry?

It's natural to worry when problems come. The Bible tells you what to do when you begin to worry. Tell God about your needs. Thank Him that He will answer you. Then God will give you His peace in place of the worry (Philippians 4:6-7). What worries do you need to talk to God about?

Instead of worrying, take your problems to God. Trust Him to help you.



### PRAY

Thank God that He is there to help you. Instead of worrying, tell Him about your problems.