

The Worry Backpack

GOD'S WORD

"Look at the birds of the sky, that they don't sow, neither do they reap, nor gather into barns. Your heavenly Father feeds them. Aren't you of much more value than they?"

Matthew 6:26 (WEB)



THE STORY

On his first day at a new school, LJ eats lunch alone, and every worry drops a heavy rock into his backpack until it is too heavy to run and play. When he finally tells Mom, hears Dad's story of being the new kid, and prays for courage, the rocks begin to disappear. Back in the lunchroom, LJ spots a boy sitting alone, asks if he can sit with him, and makes a new friend.

Grandma reads Jesus' words about the birds (Matthew 6:25–34): God feeds every one of them, and you matter even more.

TALK ABOUT IT TOGETHER

1. What made LJ's backpack so heavy?
2. What happened when LJ hid his worry, and what happened when he shared it?
3. How did LJ help Marcus? Who could you sit with this week?

PRAY TOGETHER

God, thank You for caring for the birds, and for caring for me even more. When my worries feel heavy, help me tell You and someone who loves me. Help me be a friend to someone who feels alone. Amen.

TRY THIS WEEK

Make a worry jar. Each night this week, name one worry out loud, drop a pebble or folded paper in the jar, and pray about it together. On Friday, empty the jar and thank God for carrying every one. At school, look for someone sitting alone and invite them to sit with you.

DRAW IT

Draw LJ and Marcus racing across the playground with light backpacks, or draw yourself and a new friend.