

Ask and Pray

Don't worry about anything. Instead, tell God about everything. Ask and pray. Give thanks to him.

—Philippians 4:6 NIV

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Debbie's cousin asked Debbie to go on a trip with her. Debbie was excited about the trip, but she was also very worried. Whenever Debbie had to do something different, she worried about everything. She worried about what she would wear, where they would go, how long she'd be gone from home and whether she might get sick. Debbie decided to talk with her friend, Fran. Talking with Fran usually made Debbie feel better.

- ***Do you have someone you can talk to when you are worried?***
- ***Do you ever help someone when they are worried?***

Debbie and Fran talked about Debbie's concerns and worries. They planned what Debbie would wear. Fran found out where Debbie and her cousin would be going. She and Debbie discussed the things Debbie would see and do. Debbie was feeling much better. Then Fran said, "Let's pray about your trip."

Together, Debbie and Fran thanked God for Debbie's nice cousin. Debbie asked God to watch over them and bring them home safely and Fran thanked God for listening.

Talking with her friend, and praying to God, helped Debbie with her worries. The Bible verse today tells us not to worry. (***Reread the Bible verse.***) Our verse says we should tell God about our worries and trust him to help us.

- ***What things made Debbie feel worried?***
- ***What things make you feel worried?***
- ***What can we do to get rid of our worries?***

The Bible tells us we can pray about anything. God cares about us so much he hears every prayer we say or think. God is always listening to us. When we pray, we should not only tell God about our problems, but thank God for his many blessings.

- ***How does it feel to know God is always listening to you?***
- ***Have you thanked God today for blessing your life?***

PRAYER

Dear God, thank you for loving us. Thank you for inviting us to pray about all things and at any time. Thank you for promising to hear our prayers. In Jesus' name we pray. Amen.