

# Family Page

## Background Reflection

As adults, worry is part of our daily lives. We worry about making money, paying bills, our kids, our work, our friendships, our health, and so much more. Worry is often based in fear that we cannot provide or make something work. We do not know everything that will happen today let alone tomorrow.

God wants us to trust him. He loves us and wants what is best for us. In this Scripture story, Jesus tells his disciples not to worry and reminds them how much God takes care of all of his creation. God's loving care is even more profound for us, whom he created in his own likeness and who share dignity as created children of God.

This chapter focuses on Jesus telling us not to worry but to trust in God. As you help your child to develop his or her understanding of God's care, pray that you can be more open every day to God, trusting him with everything.

## Family Activities

- Create a "trust jar" in which members of the family can write their worries on small slips of paper and place them in a jar to remember that we can let go of our worries and trust in God.
- Read Luke 12:22–31 on page 1612 in *The Catholic Children's Bible* together. This is the full story for this chapter. Discuss with your child how to trust God as Jesus tells us in this story, and ask your child what things he or she worries about.
- Watch the video "Changing Worry to Trust | Children's Ministry Magazine" (YouTube, 1:59). Complete the activity with your child, and discuss how Jesus can turn our sad worrying faces into happy trusting faces.

## People of Faith

### Saint Mother Théodore Guérin (1798–1856)

Saint Mother Théodore and her Sisters of Providence began their work in the state of Indiana. They cared for those who were sick and opened Catholic schools. Mother Théodore taught her sisters to trust God's loving care. We celebrate her feast day on October 3.

## Prayer

*Pray this prayer together as a family, beginning and ending with the Sign of the Cross.*

God, we ask for help to not worry about the things in our life. Thank you for taking care of us in every little part of our day. We will trust in you with our whole heart. Amen.

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