

# WALK WITH GOD AND DON'T WORRY

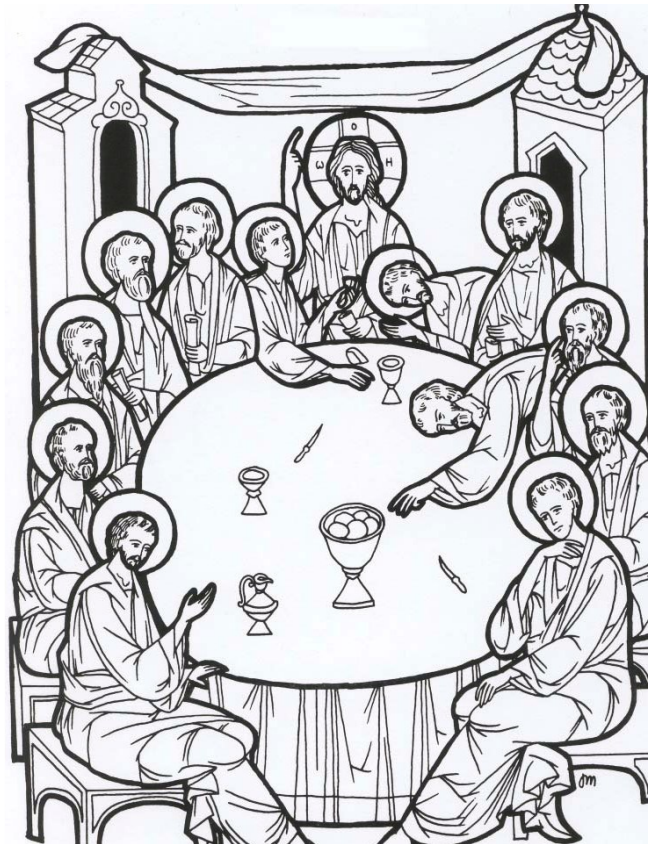
**The Lord said,** “If you think about God first, you will see clearly. Keep your thoughts good, and focused on doing what God wants.”

You can't want something, like a toy, or a new bike, so much that you'll do anything to get it. God knows what you need. He takes care of every creature, like the lilies of the field and the birds of the air. He does not want you to think about what you need. He knows what you need. What he wants is for you to trust Him, and to walk with Him.

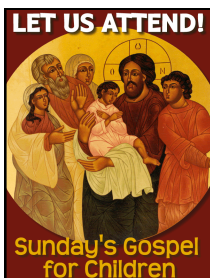
Seek, or look, first to find the kingdom of God. Stay close to God. Pray always. Do what is good and right at all times. One day, in heaven, you will have all that is good.

## WHAT DO YOU THINK?

1. God wants us to see clearly. He will help us know what is good and what is not. We can ask God to help us at any time.
2. When do you pray? Have you ever asked God to help you?
3. When we are at church, we learn what God wants when the priest reads from the gospel. How do you know when the priest is reading from the gospel?
4. God wants us to pray, and to live united with Him. Look at the icon above. It is Jesus' last supper. We still celebrate the last supper when we receive Holy Communion. We are united with God at Holy Communion more than at any other time.



Icon courtesy of Iconographics ([www.theologic.com](http://www.theologic.com))



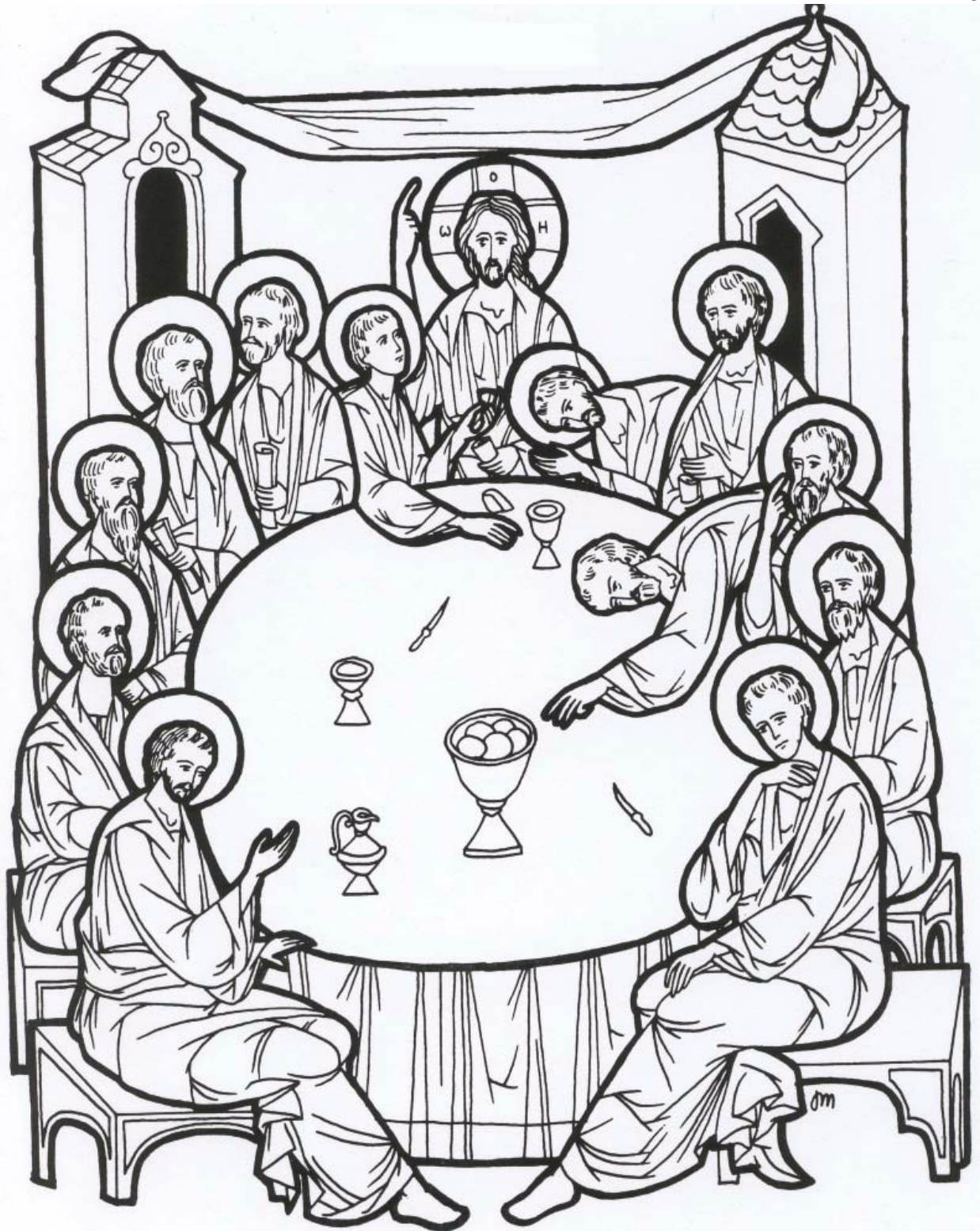
*Let Us Attend!* is published by the **Antiochian Orthodox Department of Christian Education** ([www.antiochian.org](http://www.antiochian.org)). If you would like information on our present programs and future initiatives, contact [aodce@antiochian.org](mailto:aodce@antiochian.org). We gratefully acknowledge support from the Order of St. Ignatius which funds, in part, the work of the Department.



Pre-12



Visit [www.antiochian.org/LetUsAttend](http://www.antiochian.org/LetUsAttend) for free downloads related to this Gospel story: mp3 audio, coloring sheet, script for readers' theater, and handouts for preschool through high school. Find us on Facebook at [www.facebook.com/AODCE](http://www.facebook.com/AODCE).



Icon courtesy of Iconographics ([www.theologic.com](http://www.theologic.com))

*Let Us Attend!* is published by the **Antiochian Orthodox Department of Christian Education** ([www.antiochian.org](http://www.antiochian.org)). If you would like information on our present programs and future initiatives, contact [aodce@antiochian.org](mailto:aodce@antiochian.org). We gratefully acknowledge support from the Order of St. Ignatius which funds, in part, the work of the Department.



Pre-12



Visit [www.antiochian.org/LetUsAttend](http://www.antiochian.org/LetUsAttend) for free downloads related to this Gospel story: mp3 audio, coloring sheet, script for readers' theater, and handouts for preschool through high school.  
Find us on Facebook at [www.facebook.com/AODCE](http://www.facebook.com/AODCE).

# WALK WITH GOD AND DON'T WORRY

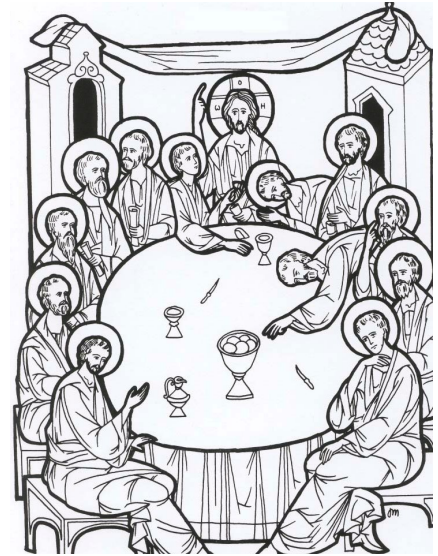
One day, our Lord Jesus Christ was teaching about what is really important.

He said, "Your eyes are like a light for your body. If you look at bad things, your whole body can be bad. But if you look at things that are good, your whole body is bright and light.

"No one can serve God and money. People will either love God best or love money and earthly things best. It is better to love God most of all.

"I tell you, don't worry about what you eat, drink, or wear. Think about birds—they don't store up food! But God provides for them, doesn't He? Think about flowers—they don't sew or shop, but God dresses them in their beautiful clothes. If God takes care of little things like grass, won't He take even better care of you?

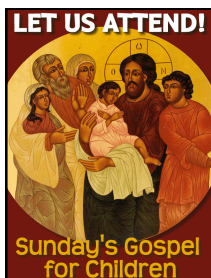
"So don't worry about your food, drink, or clothes. Your Father in Heaven already knows that you need them. He will provide them for you if you pray and come to church and do what is right. That is what is most important."



Icon courtesy of Iconographics (www.theologic.com)

## WHAT DO YOU THINK?

1. Have you ever used a dirty flashlight? Did it light your way very well?
2. Jesus said our eyes are like lights for our bodies. What happens if we use our eyes to look at bad things?
3. What are two things/people that people love or serve? Who should we love most of all?
4. Tell one example Jesus gave of how God takes care of the world, and why we should not worry about if He will take care of us.
5. What is the most important thing we should do?
6. Do you ever worry about things? Don't! Remember this Gospel. God will take care of you. Just pray and come to church and do what is right.



*Let Us Attend!* is published by the **Antiochian Orthodox Department of Christian Education** ([www.antiochian.org](http://www.antiochian.org)). If you would like information on our present programs and future initiatives, contact [aodce@antiochian.org](mailto:aodce@antiochian.org). We gratefully acknowledge support from the Order of St. Ignatius which funds, in part, the work of the Department.



Pre-12



Visit [www.antiochian.org/LetUsAttend](http://www.antiochian.org/LetUsAttend) for free downloads related to this Gospel story: mp3 audio, coloring sheet, script for readers' theater, and handouts for preschool through high school. Find us on Facebook at [www.facebook.com/AODCE](http://www.facebook.com/AODCE).

## WALK WITH GOD AND DON'T WORRY

**The Lord said,** “The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

“No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon.

“Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these.

But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith?

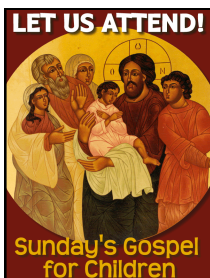
Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well.”



Image courtesy of freeimages.com

### WHAT DO YOU THINK?

1. What did Jesus compare our eyes to? Tell something you can do to help your whole body be full of light.
2. Who does Jesus say are two masters people try to serve?
3. Why does Jesus talk about birds in this Gospel? What can we learn from them?
4. Do you ever worry about your clothes? What does Jesus say about that?
5. What does Jesus say we should be seeing instead of worrying about food or clothes? Ask a parent, godparent, or your priest for ideas of how they seek it instead of worrying.



*Let Us Attend!* is published by the **Antiochian Orthodox Department of Christian Education** ([www.antiochian.org](http://www.antiochian.org)). If you would like information on our present programs and future initiatives, contact [aodce@antiochian.org](mailto:aodce@antiochian.org). We gratefully acknowledge support from the Order of St. Ignatius which funds, in part, the work of the Department.



Pre-12



Visit [www.antiochian.org/LetUsAttend](http://www.antiochian.org/LetUsAttend) for free downloads related to this Gospel story: mp3 audio, coloring sheet, script for readers' theater, and handouts for preschool through high school. Find us on Facebook at [www.facebook.com/AODCE](http://www.facebook.com/AODCE).

# WALK WITH GOD AND DON'T WORRY

Characters: Narrator, Jesus, Listeners

**Narrator:** The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon.

Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these.

But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith?

Therefore do not be anxious, saying,

**Listeners:** What shall we eat?

**Jesus:** or

**Listeners:** What shall we drink?

**Jesus:** or

**Listeners:** What shall we wear?

**Jesus:** For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well.

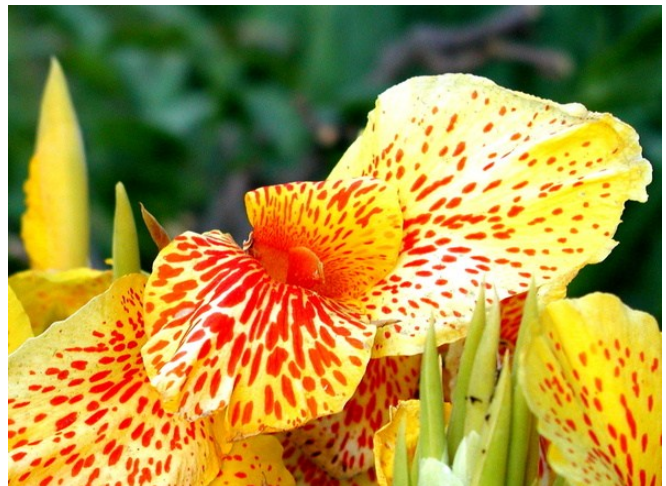
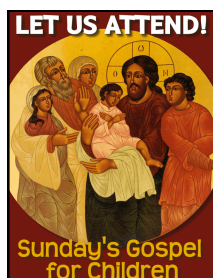


Image courtesy of freeimages.com



*Let Us Attend!* is published by the **Antiochian Orthodox Department of Christian Education** ([www.antiochian.org](http://www.antiochian.org)). If you would like information on our present programs and future initiatives, contact [aodce@antiochian.org](mailto:aodce@antiochian.org). We gratefully acknowledge support from the Order of St. Ignatius which funds, in part, the work of the Department.



Pre-12



Visit [www.antiochian.org/LetUsAttend](http://www.antiochian.org/LetUsAttend) for free downloads related to this Gospel story: mp3 audio, coloring sheet, script for readers' theater, and handouts for preschool through high school. Find us on Facebook at [www.facebook.com/AODCE](http://www.facebook.com/AODCE).

# THINK ABOUT GOD ALWAYS

**The Lord said,** “The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

“No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon.

“Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell



Image courtesy of freeimages.com

you, even Solomon in all his glory was not arrayed like one of these.

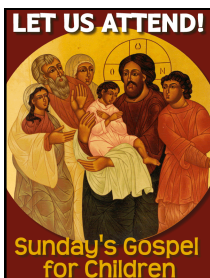
But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith?

Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we

wear?’ For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well.”

## WHAT DO YOU THINK?

1. Sit in a dark room. What can you see? How well can you see?
2. Try reading the gospel while you are in a dark room. How much of it can you read?
3. Turn on a lamp on the other side of the room. What can you see now? How well can you see now?
4. Try reading the gospel while you are sitting away from the lamp. How does the lamp affect your ability to read the gospel?
5. Now move the lamp closer to you or go sit by the lamp. How has what you can see changed? Are there details you can see now that you couldn't see before?
6. Try reading the gospel again. How does sitting closer to the lamp make this task easier?
7. What things do we use at church to light our way to Christ? What do we use to help us see God?



*Let Us Attend!* is published by the **Antiochian Orthodox Department of Christian Education** ([www.antiochian.org](http://www.antiochian.org)). If you would like information on our present programs and future initiatives, contact [aodce@antiochian.org](mailto:aodce@antiochian.org). We gratefully acknowledge support from the Order of St. Ignatius which funds, in part, the work of the Department.



Pre-12



Visit [www.antiochian.org/LetUsAttend](http://www.antiochian.org/LetUsAttend) for free downloads related to this Gospel story: mp3 audio, coloring sheet, script for readers' theater, and handouts for preschool through high school. Find us on Facebook at [www.facebook.com/AODCE](http://www.facebook.com/AODCE).

# THINK ABOUT GOD ALWAYS

**The Lord said,** “The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

“No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon.

“Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these.

But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith?

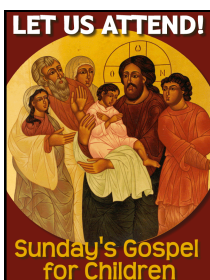


Image courtesy of freeimages.com

Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well.”

## WHAT DO YOU THINK?

1. What does a lamp do?
2. What does an eye do?
3. Why do you think this gospel calls the eye the lamp of the body? What do these two things have in common?
4. How does the position of a lamp change its effectiveness?
5. How does what you see affect the rest of you? How does watching a scary movie affect you? How does looking at a picture of your mom affect you? How does looking at an icon affect you?
6. Is what you look at with your eye always good for you? Why or why not?
7. How can what you have take you away from God?
8. How can what you want blur your Christian sight?
9. How can the light in a person be darkness? How can the things that you see bring darkness into you?



*Let Us Attend!* is published by the **Antiochian Orthodox Department of Christian Education** ([www.antiochian.org](http://www.antiochian.org)). If you would like information on our present programs and future initiatives, contact [aodce@antiochian.org](mailto:aodce@antiochian.org). We gratefully acknowledge support from the Order of St. Ignatius which funds, in part, the work of the Department.



Visit [www.antiochian.org/LetUsAttend](http://www.antiochian.org/LetUsAttend) for free downloads related to this Gospel story: mp3 audio, coloring sheet, script for readers' theater, and handouts for preschool through high school. Find us on Facebook at [www.facebook.com/AODCE](http://www.facebook.com/AODCE).