

# Our Heavenly Father

Lesson 2, Matthew 6:24–34, KJV

## Timeline of a Day

Using the line below, create a timeline of a typical day. Be sure to include details regarding meals, work, chores, and interactions with friends and family.



When do you feel vulnerable to worry? \_\_\_\_\_

Do you notice any correlation regarding the timing of the worry? \_\_\_\_\_

Write a short prayer that will help you refocus on the Lord's care for you during moments of worry.

---

---

---

## Visualize Trust

Describe a situation that causes you to worry: \_\_\_\_\_

Select one or more of the following practices to help you deal with that worry:

*Prayer*  
*Helping others*

*Reading Scripture*  
*Talking to a friend*

*Physical exercise*  
*Journaling*

*Mindfulness*  
*Breathing exercises*

Why do you think this practice will help? \_\_\_\_\_

---

What steps do you need to take to make this practice a reality? \_\_\_\_\_

---

How can you apply Matthew 6:34 to your situation? \_\_\_\_\_

---