

# The Basics

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## Big Idea

We don't need to worry. God's got it.

## God Story

Do Not Worry  
Luke 12:22-32

## My Story

Jesus taught many amazing things, and the truth is that if we actually believe them, take them to heart, and live them out, it'll change not only our own lives but the lives of others around us. And when we don't know where to start, it's very best to start with the basics. In this series, we'll look at the most important commandment, prayer, forgiveness, and worry.



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## Key Verse

Father, may your name be honoured. May your kingdom come. Give us each day our daily bread. Forgive us our sins, as we also forgive everyone who sins against us.

Luke 11:2-4

## Our Story: This Week

1. Watch this week's video with your kids. Go to the Kids and Youth playlist at [youtube.com/themeetinghouse](https://youtube.com/themeetinghouse)
2. On your way home, ask your child what they learned today about worry? What should we do when we worry?
3. Create a worry wall in your home. Any time your child is worried or afraid, have them write a note and place it on the worry wall. Use each worry as an opportunity to pray and ask for God's help.

For more ways to engage with your kids this week, go to [parents.themeetinghouse.com](https://parents.themeetinghouse.com)



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