



Photo by [Javardh](#) on [Unsplash](#)

Sacred Space Surprise

Feather

Find your bag for November 22, open it, take out the feather and hold it in your hand.

Ask: Do you know what it means to worry? Worry is when we keep thinking about something and we think about it so much it affects our thoughts, moods, and maybe even affects us physically. Maybe you have had worries before about starting school, moving, staying safe, or a test at school? Or maybe you have worried about what you will eat, wear, or something else?

Say: There are verses in the Bible that talk about not worrying. Matthew 6:25-27 says “Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life 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 can any of you by worrying add a single hour to your span of life?”

Say: These verses let us know God takes care of the birds of the air and he will take care of us. The birds don’t have to worry about what they are going to eat and neither do we. We just have to trust in God to provide for everything we need.

Say: You can now place your feather in your sacred space. Let it remind you God takes care of us.

Pray: *God, thank you for taking care of all of our needs. Help us not to worry. In Jesus’ name. Amen.*