

Worry Free Garden

By Kevin E. Ruffcorn



Flowers are the epitome of stress free living. Their life and beauty are pure gifts.

For
Adult / Couple

Season
Summer

Needed

Flower garden (in bloom), Bible, clip boards, a couple sheets of paper, pens or pencils

Prepare in Advance

Select a public or private flower garden where you can sit and admire its beauty
Mark Matthew 6:25-34 in your Bible
Slip a sheet of paper into the clip boards

Activity Plan

1. Say this prayer aloud to begin.

Open our eyes O God that we may see your presence. Open our ears O God that we may hear the words you speak to us. Open our hearts O God that we may be receptive to your Word and incorporate its truth into our lives. Amen.

2. Observe the sights and sounds that are around you for a few moments, and quiet your hearts. Open your Bible and read Matthew 6:25-34 aloud (or see text on next page).
3. Spend five or ten minutes viewing the flowers. If possible get close to them, touch them, smell them and bask in their beauty.
4. Discuss the following questions
 - What flower or area of the garden caught your attention? What attracted you to it?
 - As you viewed the flowers, what was the Holy Spirit saying to you?
 - Based on what you have seen and heard are there changes you'd like to make in your life?
5. Write down on the paper what you are worried or anxious about. When you have finished share what you have written with your partner.
6. Conclude with this prayer.

Lord, we are worried and anxious about these items. (Read from the lists that you have made.) We give them to you. We acknowledge that you care for us like you care for these beautiful flowers. By your Spirit enable us to live in this truth each day of our lives. Amen.

7. When you must, leave the garden rejoicing in God's grace and love.



Do Not Be Anxious

Matthew 6:25-34

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. 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 which of you by being anxious can add a single hour to his span of life? 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 you 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 after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

