

International Conversation Cafe

Foxtrot English: Worry

Game- Introduce yourself by saying your name and something that begins with the first letter of your name. "My name is Mary and I like mermaids." The next person says their name and repeats all the names.

Idioms: Read the idioms and try to use them in your own sentence.

Not to worry: a way of telling someone to not worry. *When Rosa found that Eduardo was taking a test, she told him, "Not to worry, the test is not that hard."*

Worried sick: so worried about something that you feel physically ill. *Lucy was worried sick about her daughter's rash.*

Cool, calm, and collected: not to show any signs of worry. *When the police officer stopped Roberto for speeding, Roberto was cool, calm, and collected.*

Bible Story

People everywhere worry. Young people may worry about being liked by other students. They worry about the way they look, the clothes they wear, or what they say. Adults worry about finding good jobs and the future for their children. Many of the things we worry about, we have no control over. We cannot make someone give us a job. We cannot promise our children that nothing bad will ever happen. We certainly cannot change the color of our skin or the size of our nose. We cannot buy what we have no money for. So how can we stop worrying?

The secret to a peaceful life is to know that someone greater than ourselves loves us and will take care of us. The name of this person in the Bible is the "Father." Here is what Jesus said about what an earthly father and Heavenly Father are like.

Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! Matthew 7:7

What words or phrases in this story are not familiar? Look them up and define them.

Put Jesus thoughts in your own words.

According to this quotation by Jesus, how does the Father in heaven treat those who ask him for what they need?

Do you think that God the Father will answer you when you talk to him and give you what you need?

Have you ever had God answer your prayers? Can you give some examples?

Have you ever asked God for something and he did not give you what you asked for?

Are there some prayers God does not answer? (Look up James 4:1-3)

Here are some words that the apostle Paul wrote to the church at Philippi. Take a few minutes to memorize these words and say them aloud for the others. Do not stop until everyone in the group can quote this verse.

Don't worry about anything. Instead, tell God about everything. Ask and pray. Give thanks to him. Then God's peace will watch over your hearts and your minds because you belong to Christ Jesus. Philippians 4:6, 7

Song Do Not Worry, Matthew 6:25,26,37

Music and arrangement by Steve Green <http://www.stevegreenministries.org>

Do not worry about tomorrow
For tomorrow will worry about itself.

Repeat
Do not worry about your life,
What you will eat or drink
Is not life more than important more than food
And the body more than clothes.

Look at the birds of the air
They do not sow or reap
Or store away in barns and yet your Heavenly Father feeds them.

Do not worry about tomorrow
For tomorrow will worry about itself.

Repeat

<https://www.youtube.com/watch?v=46yD6A8M6Ng>



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