

Read aloud Matthew 6:25–7:5. Then ask these questions:

- What do these verses teach you about worry? What principles from this passage can you put into practice this next week?
- Why do you think we are so quick to judge others before evaluating ourselves?

Close with a time of reflection. Distribute index cards and pencils, and ask students to write down personal worries on one side and ways we judge others on the other side. Place these cards in a box, and ask each teenager to commit these worries and judgments to God. Consider taking this box and burning or burying it as a reminder that God can help us change and start a new path in life.

Close with more singing, or use Matthew 7:24-27 as your closing prayer.