

Youtube Link – <https://youtu.be/bZyq0AnpNoY>

OOS for 22nd June 2025 - ONLINE



READING – Matthew 6:25-34

Do Not Worry

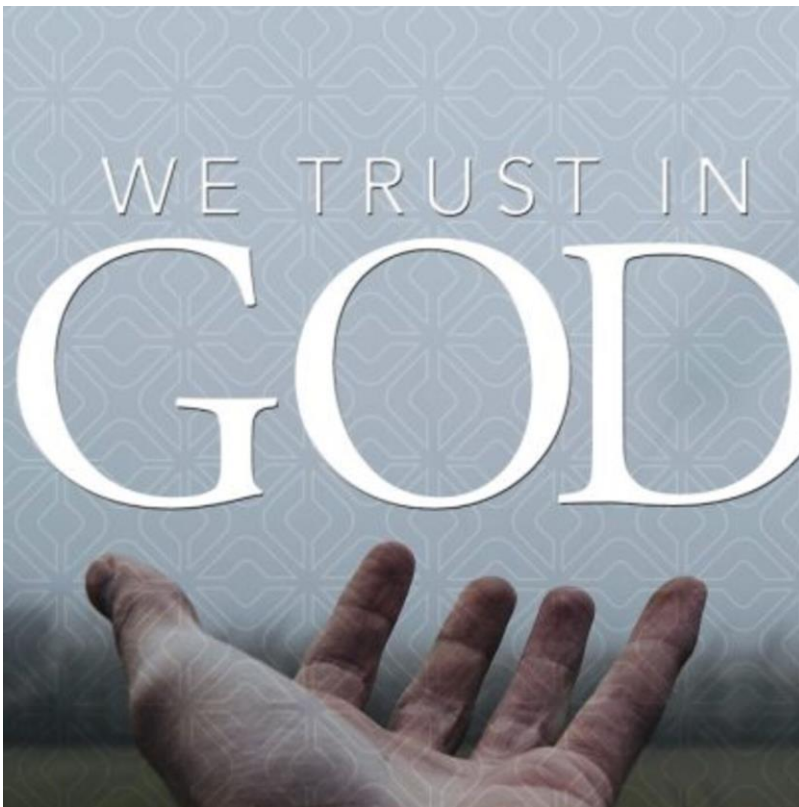
²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life^l

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. ²⁹ Yet I tell you that not even Solomon in all his splendour was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.



PRAYER

Dear Lord,
Your Word says that we should not worry about tomorrow because today has enough trouble of its own.
When our minds start going down the road of worry,
guide us back to your path of peace.
Help us to cast all our cares on you,
because we know that you care about us,
and that Your steadfast love endures forever.
We place all our worries into Your capable hands.
So Lord, help us not to reclaim them,
for they are yours.
Amen.



SONG

See the birds that are singing in the spring air
They're given everything they need
They don't worry where their next meal will come from
They don't worry 'bout a thing

So just look around you.....

See the flowers in their colourful beauty
They're dressed better than a king
They don't worry about what they should wear, no
They don't worry 'bout a thing

So just look around you.....

Because you're not a bird, and you're not a flower
You don't have petals or wings
But there is good news, you're worth so much more
To the God who made everything

So when you worry 'bout today or tomorrow
And the storms that they might bring
Try to remember that you're in the hands
Of the God who made every thing

So just look around you.....

Now just remember you're not a bird and you're not a flower
You don't have petals or wings
But there is good news 'cause you're worth so much more
To the God who made everything