

## Saturday

Take a moment before a meal to say grace. Think about how amazing it is just to be alive.

Think of the people in your life that you're grateful for – and tell them "I'm so grateful for you." Tell them in person, call, text or write a note.

*"For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well."*

--Psalm 139:13-14

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"A Home for the Spiritual Journey"

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# Alert But Not Anxious

*"So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today."*

--Jesus, in Matthew 6:34



**LYONSVILLE CONGREGATIONAL  
UNITED CHURCH OF CHRIST**

By Rev. Sean Weston

## Sunday

Read Matthew 6:25-34.

Take a few minutes outside to simply breathe. Observe the life around you that Jesus talked about: birds, trees, grass, flowers. The to-do list will be there when you're done!

## Monday

Get out two pieces of paper. Think of all the things making you anxious. On one paper, list the things you can do something about *today*. Decide what you will do today. On the other paper, write everything you can't do anything about. Then pray: "God, I don't have any control over these things. Help me let them go today." Then rip up the paper and throw it away.

## Tuesday

What issue of justice and peace has been pulling at you lately? What has been going on in the world that makes you feel powerless? Take five minutes to call a lawmaker to share your concerns. Find contact information at [commoncause.org/find-your-representative/](http://commoncause.org/find-your-representative/)

Then sign up for the UCC's Justice and Peace Action Network here: [www.ucc.org/join the network](http://www.ucc.org/join_the_network).

## Wednesday

Read Matthew 5:43-48.

Think about somebody who has been getting on your nerves lately. Who makes you anxious?

Then take a moment to pray for them.

## Thursday

Money is a major source of anxiety. Jesus said "you cannot serve both God and money" (Matthew 6:24).

One way to feel better about your finances is to use them to serve God and neighbor. Donate \$5 amount to the Greater Chicago Food Depository to feed 15 people.

Click here to donate: [bit.ly/2t4ow70](http://bit.ly/2t4ow70)

## Friday

Take five minutes to reflect on the past week.

What went well? Did you see God anywhere? What hard things did you get through?

Take a moment to thank God for getting you through the week.