



## The Nourishing Vocation Project Near and Now:

*Experiencing the Holy in Everyday Life: Consider the Lilies of the Field*

### Warm-up Question

*When have you experienced God in the creatures of creation?*



"Birds" by [Phil Fiddymont](#) is licensed under [CC BY 2.0](#).

### Discussion Questions

1. What do you see in this image?
2. What do you feel looking at this image?
3. What stories from your own life does this image bring to mind?
4. What stories of the world does this image bring to mind?

## Consider the Lilies of the Field

Read [Matthew 6:25-34](#)

### Bible Story Reflection

Sometimes we can't help but worry. Many of our worries are so heavy that it can feel as if we are carrying a backpack full of stones—weighing us down and getting heavier by the minute. This text can often be a tricky one for us worriers, because being told not to worry doesn't make our worries go away. However, we are reminded of the need to not be consumed by our worries because of the way that God carries us through the gloom of doubt and worry into the light of Jesus Christ who sustains us.

This reading reminds us that God does not take away our worries, but rather provides for us in our times of need. Through this text we are reminded of the unique ways God nourishes all of creation, providing for the birds of the air and the lilies of the field. God knows the needs of even the smallest parts of God's creation and works to clothe all of creation in God's dignity and strength.

Through this text we receive an invitation to reexamine the way God has provided for us in our own lives. As we observe and reflect upon God's presence in our lives, we have the opportunity to understand the way God has cared for us in past and therefore, look forward to the ways God will provide for us today, tomorrow, and always. We are invited to see how God reveals Godself to us through blades of grass, creatures of creation, and each other. By doing this, our backpack full of stones can feel lighter, knowing that God is helping us carry the load.

### Discussion Questions

1. What are some things you worry about?
2. How does hearing the words "do not worry," sometimes make your worry or anxiety more intense?
3. What or who helps you in moments of increased anxiety or worry?
4. What does it look like for you to cast your worries onto the Lord?
5. How have you experienced God in the midst of worry?
6. When have you observed God in the smallest of things?
7. How have you experienced God providing in unexpected ways?
8. What does it mean to you that God provides for the birds of the air, and the lilies of the field?
9. In what ways have you been reminded of the presence of God in the "little things"?
10. How are you being called to lift the burdens and worries of others?



## Activity Suggestions

Go for a walk outside. Listen to the birds chirping. Look at the wildflowers bloom. As you walk say a little prayer with the words “nothing is too insignificant for God”.

Look around you. Name aloud or in silence...

- five things you can see,
- four things you can hear,
- three things you can touch,
- two things you can smell,
- one thing you can taste.

As you ground yourself in your five senses feel the way your worries fade, and the presence of God comes to light.

On a piece of paper write down one or two things you worry about. When you are finished, destroy the piece of paper (bury it, crumple it, rip it), casting your worries onto God who holds and protects you.

## Prayer Concerns

Worry and Anxiety, Troubles, Reassurance

## Closing Prayer

Help me, O God, to search for you in even the smallest things and to believe that nothing is too insignificant to reveal your presence. In the name of +Jesus, Amen.

