

WHAT DO I DO WITH WORRY?



By Dr. Josh and Christi Straub • Art by Jane Butler







Willow's family had just moved to a new house on Green Lane. Since it was summer, most kids in her new neighborhood were thinking about swimming, camping, or waiting for the ice cream truck.

But not Willow. Willow was worried. Again. Her thoughts seemed full of worry. Thoughts that always began with "What if . . ."



*What if my new
bedroom is scary?*

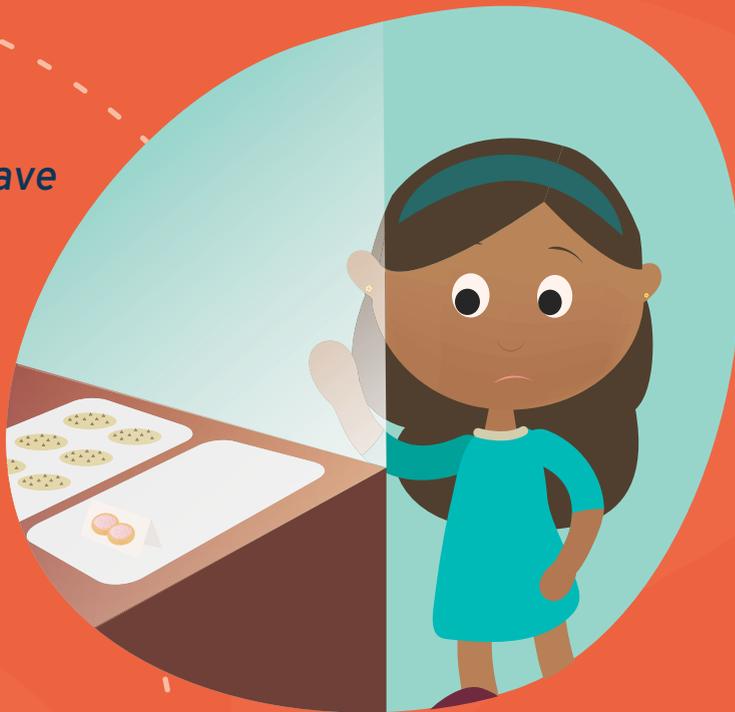


*What if the neighborhood
kids don't like me?*



What if the store doesn't have rainbow-sprinkle cookies?

Willow even worried about saying her worries out loud.



What if my parents get mad at me or think I'm just being silly?

So Willow kept worrying.
Alone.



While Willow swung from one worry to the next, a boy's head popped up over the fence. "Hi! I'm Sam. Welcome to the neighborhood!"

"Hi. I'm Willow."



“I’m glad you moved next door! I’m having a birthday party tomorrow. Can you come? My other friends will want to meet you!”

Willow looked at Sam, not knowing what to say.

“Hope you can make it!” Sam hollered as he jumped off the fence.





Do your “what-ifs” have you worried?



New to the neighborhood, little Willow has some big “what-if” worries. *What if the kids don’t like me? What if my new bedroom is scary?* Thankfully, Grandma is ready with a plate of cookies and some wise words about how Willow can name her “worry birds” and give them to God.

Authors Dr. Josh and Christi Straub know that today’s children have a lot of real “what-ifs”—about diseases and disasters, friendships and failures, and all-things-growing-up. Willow’s story offers practical lessons to help worry birds fly away.



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