



Helping Children to chat with God about the things that worry them.

Invite children to draw around their hand in the middle of the circle, and if they want, to colour in the words of the Bible verse. The poster can be stuck up on a wall in their room or on the fridge, wherever is easy for the child to access. When they are worried about things they can come and place their hand in the middle of the circle, read the verse and chat with God out loud or in silence about the things they are worried about.

Encourage your child/ren to read aloud the verse and think with you about what it means to pray and give our worries to God - does it mean that everything will suddenly be better, or that the worry will disappear?

Just as a guide you could say something like:

Giving our worries to God means that when we feel worried, scared, or sad, we can chat with God about it - we often call this prayer. It's a bit like giving God a heavy backpack full of worries and saying, "God, this is too much for me. Can you help me carry it?"

Does God take away the trouble? Sometimes He does, and things get better quickly. Other times, the trouble might still be there, but God promises to be with us and help us through it, so we're not alone. He gives us strength, peace, and people to help us too.



1 Peter 5:6-7



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So be humble under God's powerful hand... Give all your worries to him, because he cares for you.

1 Peter 5:6-7