

WORRY

Luke 12: 22-31

In this pack are some resources you can use for a children's worship time.

Remember to catch the Sunday live stream 1030 on Facebook

If you need any of the resources mentioned then let us know and we can bring some over



Reading

Why not add actions to the story?

Don't Worry Jesus said to his followers, "So I tell you, don't worry about the food you need to live. Don't worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes. Look at the birds. They don't plant or harvest. They don't save food in houses or barns. But God takes care of them. And you are worth much more than birds.

None of you can add any time to your life by worrying about it. If you cannot do even the little things, then why worry about the big things? Look at the wild flowers. See how they grow. They don't work or make clothes for themselves. But I tell you that even Solomon, the great and rich king, was not dressed as beautifully as one of these flowers.

God clothes the grass in the field like that. That grass is living today, but tomorrow it will be thrown into the fire. So you know how much more God will clothe you. Don't have so little faith!

Don't always think about what you will eat or what you will drink. Don't worry about it. All the people in the world are trying to get those things. Your Father knows that you need them. The thing you should seek is God's kingdom. Then all the other things you need will be given to you.



?? Ask ??

Are you worried about anything?

Why does that worry you?

Would anything make that worry
disappear?



Outside

Let's go outside, or look through a window if you can't...

Can you see any birds or other animals?

What are they doing?

Spend some time watching God's creation and point out any animals that are looking for food such as birds, cats or squirrels.

Where do they get their food?



Think

Use these points to talk about God

The animals are fed by God's wonderful creation. He has made the world and has complete control of it.

Jesus says that we are worth more to God than all the animals because we are his special creation.

If God looks after the birds, we can trust he will look after us.

When we are worried we can tell God our worries and ask him to help.

Let's do that now...



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Pray

Share a prayer together...

Father God,

We are worried about _____ and _____
at the moment. We know that you are in control of
everything and we ask that you help us with our
worry.

Thank you for always being there for us and for giving
us everything we need.

Amen



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Activities

You may like to do some fun activities together, or let the children do the activities themselves while you spend more time with God

Attached to the email or in the pack you received was...

- A colouring sheet of Jesus feeding people
- Instructions on how to make an origami bird which you can then decorate
- Don't Worry word search

