

## ACTIVITIES with stuff:

> **BUBBLEWRAP POP!** Find some bubble wrap and pop the bubbles - each time you pop a bubble it reminds us that God can take our worries and take away their power over our lives.

> **GET DRAMATIC!** Act out

> **GO FOR A NATURE WALK/INTO YOUR GARDEN:** Spot the amazing things that God has created. You could even play 'Eye Spy' and see who can guess the thing you have spotted

> **MAKE A COLLAGE:** Use pictures from old magazines, coloured paper, buttons, or whatever you can find. Cut out, and glue them onto a piece of paper or card to make a flowers and birds picture (Jesus mentioned these in the story!). You could write 'Jesus said: Don't worry about tomorrow!' on the picture too!

## ACTIVITY with printout:

> **PRINT OFF** the colouring sheet and enjoy completing.

## PRAYER / RESPONSE:

> **EACH PERSON SHARE :**

...one good thing God has given you that you can say thank you for. It could be clothes, a home, being healthy, your favourite food!

...one thing that worries you.

Remember: Every answer is important to God, so listen to each other and encourage each other.

Take some time to talk to God in prayer, thanking him for providing for you. Ask him to help you with all the things you worry about.

You could...

> **DRAW & PRAY** Each draw or write something you worry about on small bits of paper, pray for them and ask God to help\* (In the Bible He promised you He would if you ask!). The when you have prayed for them, scrunch up those 'worries' into balls or rip them up!

> **PRAYER DUNK!** Why not set up a waste bin or cardboard box on one side of the room and take it in turns to try and throw your scrunched up 'worries' into the bin! Remember "cast your burdens [worries] onto Jesus. He cares for you!"

\*NB: If anyone doesn't want to share to everyone their worries written on the paper, don't force them.

Turn the paper face down - you can still pray, asking God to deal with that worry. God is good, He knows!