

## Game: Worry charades

Write down things that people worry about on separate pieces of paper. Once you have ten worries written down put them inside a hat. One person picks one worry out of the hat and acts it out without using words to the rest of their family. The person who guesses correctly gets to have a go. Play until everyone has had a go or all the worries are gone out of the hat.

## Activity: Firm Foundations

Split your family into two teams. Each team will need some building blocks and have 3 minutes to build the tallest tower they can. Set a 3 minute timing to keep time. The key to a good and stronger tower is a firm and sturdy base. Jesus taught us that we get strong foundations in our lives by believing and trusting in Him.

## Story Video: Don't worry

[https://www.youtube.com/watch?v=PG1LjFO99dA&list=PLue6MXzGz0DJmramRHEzV1Q\\_f-zLYpFck](https://www.youtube.com/watch?v=PG1LjFO99dA&list=PLue6MXzGz0DJmramRHEzV1Q_f-zLYpFck)

## Story: Sermon on the mount-Don't worry (Matthew 6: 25-34)

Read Matthew 6:25-34. In these verses Jesus tells us not to worry. He's taking care of us. He used examples in creation. God gives food to the birds. They don't have to plant it themselves and harvest it. God gives them their food. We don't need to worry about clothes. Look at how beautiful flowers are. Jesus tells us the King Solomon didn't even have clothes as beautiful as the flowers. If God cares for things like the birds and flowers, isn't he going to take care of you? Worries can weigh us down and keep us from being the person God wants us to be. We know we can because he always keeps his promises.

Do you think God knows what you are worried about? What would God say about these things? Does this help you to feel less worried? God wants us to talk to Him about the things that make us worried. We call this praying, and we can pray about lots of different things. Jesus taught the people lots of other things on the mountain and that He also told them how to pray. Pray with your family about the things that worry you.

**Craft: Lily** <https://www.youtube.com/watch?v=EluVJljMBr4>

## Bible verse: Matthew 6:34

Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

## Prayer:

This prayer activity is focussed on the first three verses from Isaiah 43.

"Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you go through deep waters, I will be with you.

When you go through rivers of difficulty, you will not drown.

When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. For I am the LORD, your God, the Holy One of Israel, your Saviour." Isaiah 43:1a-3a

These verses contain the promise that although we may face storms and difficulties they will not overwhelm us if we put our trust in God.

Spend a few moments thanking God for being with you through times of difficulty (the storms of life). Tell Him about any storms you may be going through now. Meditate on these verses and know the truths they contain. Use pens and paper to copy the verses out for yourself - if you have time you could add pictures and a boarder around these verses from Isaiah.