

Play: Worry Charades

Give each person a piece of paper and write down something people worry about. Collect all the pieces of paper in and choose one person to act out the worry. Every correct guess equals one point.

Explore: Seeds

Sprinkle some of the seeds onto a plate and ask what are seeds used for. (To grow things from.) What do you think when you see seeds? (Potential – seeds look so small and dead, and yet they grow into beautiful flowers or strong trees. You wouldn't think so from seeing them like this.) How can we make seeds grow? (Soil and water.) Tip some of the gravel on to the seeds and mix them around. Will this help the seeds to grow? (No) Why not? (They are buried in the gravel and there is no food or water there.) How many seeds can you see in the gravel? The bigger seeds are easier to find but the little seeds will be lost. The gravel would stop the seeds from growing and worry can prevent us from enjoying life, being healthy and fruitful (successful). But God has great plans for us and He doesn't want us to worry because He knows it can result in us missing out on His best. Can you think of any examples where worry might be a stumbling block to you doing well?

Watch: The Parable of the Farmer and the Seeds

https://www.youtube.com/watch?v=IZEO_Ls2ERs

Read: The Parable of the Farmer and the Seeds

One day a man went to sow seed in his field. Some of the seed fell on the path, and the birds came and carried it away. Some of the seed fell on stony ground. It grew quickly. But because it had no root, when the sun came up, it died. Some of the seed fell on thorny ground. It grew, but the weeds and thistles grew and choked it so that it died. Some of the seed fell on good soil, and it grew beautifully, and produced wonderful fruit. What were the four types of soil?

Jesus said that the seed was like His words and the types of soil were like different people. Some people just don't listen: as soon as they hear God's words, they forget all about them. Which sort of ground do you think those people are like? Some people think Jesus' words are really good, and they are all excited about them but then something bad happens to them and they decide that it isn't true after all. Which people do you think those are like? Some people keep listening to Jesus' words but they are also worried about a lot of things and that makes them so anxious that they forget to trust God. Which ground are these people like? And some people listen to Jesus' words and do what He says, and tell other people all about Him. Which ground are they like?

Questions:

- What happens to God's words when we are worried about things all the time?
- What should we do instead?
- Can we trust God to be with us?
- Can we tell God about our worries?



Make: Cress-heads

Equipment: egg carton, some cotton wool and some cress seeds and explain that you're going to make some cress-heads.

Decorate the cartons to look like faces. Put the cotton wool in the carton and soak with water. Then sprinkle the cress seeds over the top. After a week, you should have the first signs of cress growth, and after 10 days, further growth. Once ready wash and put your cress on a sandwich and eat it.

Pray:

Read Philippians 4:6 "Don't worry about anything. Instead, pray about everything: Tell God your needs and don't forget to thank Him for his answers". Pray together about the things that worry you and your family.