

Journey Kids Club

JKTV Episode 28



Everyone has worries - grown ups and children. Jesus talked about worry because it's something we all do. He said that we don't need to worry - we can trust him. But does that mean we get rid of all of our worries?

That we will never worry again? Even Jesus' disciples worried after he told them they didn't need to. What can we do when we feel worry? We can look to Jesus and remind ourselves that he loves us and will take care of us.

This episode's Bible story is from Luke 12:22-32. The Big Idea is: **Follow Jesus by trusting him.** The more time we spend with Jesus and growing in our relationship with him, the more we learn that we can trust him even when we're worried!

Activity 1: Worry Charades

Supplies: (provided) worry charades cards, (from home) scissors, cup or bowl

Before the Activity: cut out the worry cards and place in a cup or bowl for the game

Talk about it:

- What does it mean to worry?
- How does worrying make you feel? (For example, does it make your stomach hurt?)
- What do you think other people worry about? What do you think your parents worry about, for example? What do you think your teachers worry about?
- Say: Jesus talked about worry because he knew that we would worry. We can follow Jesus by trusting him, even when we have worries.

Instructions:

Parent Tip: If your child can read, you can take turns acting out these worry charades. If your child needs, add extra helps like allowing the use of sound/words to act it out. Otherwise, you can act out the scenarios and your child guesses.

- Explain that you are going to act out some worries that people can have. Your child will try to guess what they are.
- Pull out one worry card at a time and try acting it out without using any sounds. After each one, take time to talk about why people might feel worried about that and how they can move to trusting Jesus in that situation.
- Finish by saying the Big Idea together: **Follow Jesus by trusting him!**

Activity 2: Memory Verse Activity "Father, may your name be honoured. May your kingdom come. Give us each day our daily bread. Forgive us our sins, as we also forgive everyone who sins against us. Keep us from falling into sin when we are tempted." | Luke 11:2-4 (NIRV)

- Read the memory verse together. (You can have your child look it up in a Bible)
- Ask:
 - Which worries people might have that Jesus prays about here?
 - Do you ever have those worries?

- Pray together about those worries for yourselves and for others.

Activity 3: What Does the Bible Say?

Supplies: (provided) Worry Activity Sheet; (from home) Bible, pencils/pens

Instructions:

- Explain that it's helpful to remember what the Bible says about worry. When we allow these ideas to sink in, they help us have something to think of or say to ourselves when we begin to feel worried.
- Give your child the activity page and pen/pencil and Bible.
- Together, look up the Bible verses and fill in the blanks.
- When they finish, direct them to look at the other side of the page.
- Read the questions and have the kids draw or write their answers.
- Finish by saying today's Big Idea: **Follow Jesus by trusting him!**

Activity 4: Pray together

Supplies: (from home) yarn or string

Parent Tip: Yarn is a great "talking stick" tool that helps keep kids focused and connected to the activity. If it is just the two of you, perhaps bring in some stuffed animals or pictures of family members and ask your child what they might be worried about. This could help your child express some worries without feeling all the attention is on them.

Instructions:

- Sit or stand together in a circle.
- Explain that when we begin to worry, we should pray and ask God to help us.
- Hold onto one end of the yarn and pass the rest of it to someone else. Ask that person to share one thing that they worry about (e.g., something at school or at home).
- Have that person hold onto a piece of yarn and pass the rest to someone else who will then share one thing they worry about.
- Continue until everyone is holding onto the yarn (you can wrap it around stuffies/pictures).
- Pray together. Encourage the kids to ask God for help with their worry.
- Go in reverse order and "clean up" the yarn by passing it backwards.

Activity 5: Trust in Jesus

Supplies: (provided) Colouring sheet, (from home) pencil crayons or markers, smart device to play a song like "Trust - Austin Stone Worship")

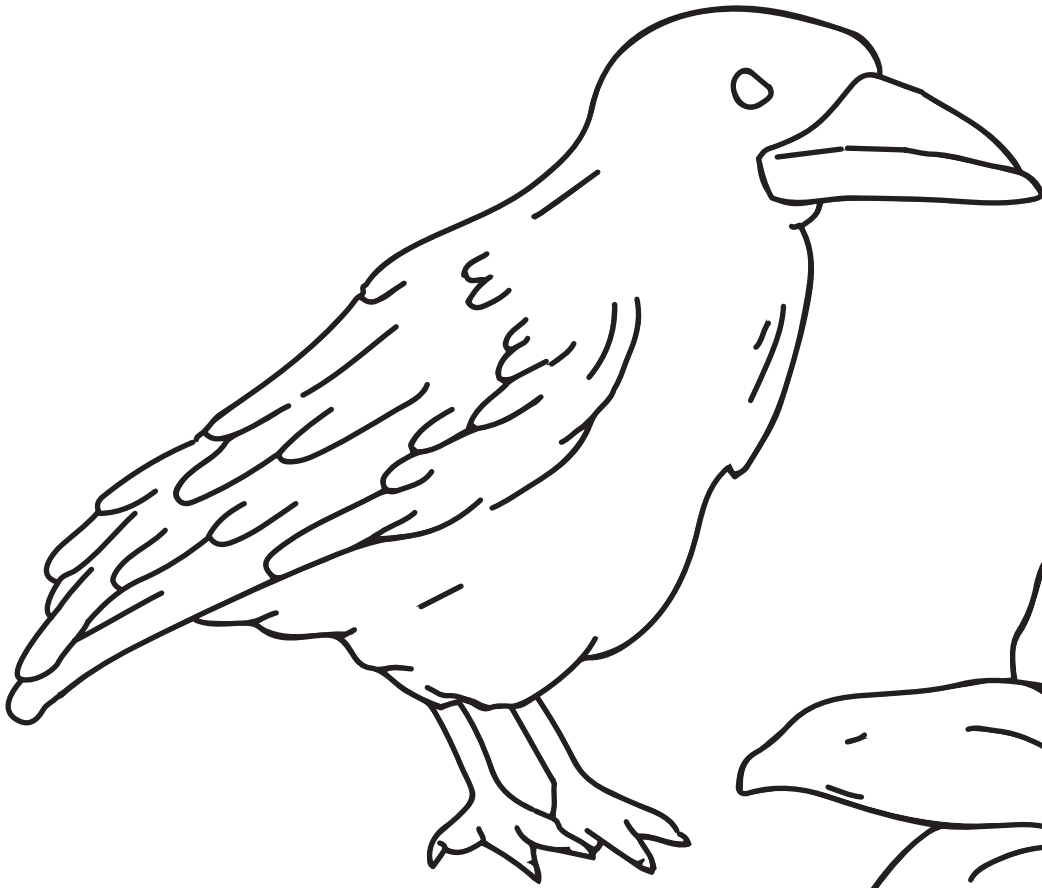
- Give your child the colouring sheet and markers. Read the verse together and then ask them to colour the sheet as you listen to the song (play more worship songs as long as they are colouring).
- Encourage them to think about trusting Jesus as they colour.

Bonus Activity: It's Game Time!

Supplies: (Provided) game board, (from home) Dice, game pieces like coins

- Follow the instructions on the game board

"Think about the ravens...
God feeds them!"
Luke 12:24



"Think about the wild flowers...
not even Solomon in his royal
robes was dressed like one of
those flowers."
Luke 12:27

**I'm worried
about germs**

**I'm worried
about the
weather**

**I'm worried
about what other
people think**

**I'm worried
about tomorrow**

**I'm worried
about my clothes**

**I'm worried
about math class**

**I'm worried
about reading
out loud**

**I'm worried
about trying
new things**

What do I do with worry?

"Don't _____ worry about anything. No matter what happens, tell God about everything. Ask and _____, and give thanks to him." Philippians 4:6

"Turn all your _____ over to him. He _____ about you." 1 Peter 5:7

"When I'm _____, I put my _____ in you." Psalm 56:3

"God is our place of _____. He gives us _____. He is always there to _____ us in times of trouble. The earth may fall apart. The mountains may fall into the middle of the sea. But we will not be _____." Psalm 46:____ - ____

1. When I worry, I can....

2. One way that I can feel less worried is to...

3. When I am worried, I will remember that God...



START

What is 1 thing you worry about daily?

What two examples from nature did Jesus give?

Don't worry!
Move forward 3 spaces.

Who was Jesus speaking to?

How did Anna learn to let go of her worry?

Name 3 songs with worry in the lyrics.

How does worry effect your body?

Look up and read John 14:27.

Worry less, but move back 2 spaces.

Run and touch 3 walls.

High five 3 people.



Look up and read aloud Philippians 4:6-7.

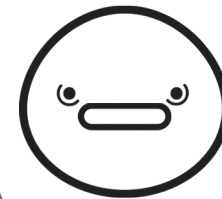
What did Jesus say about worry?

Who worries about you?

Say the Big Idea 5 times fast.

What should you do when you start to worry?

Don't worry!
Move forward 1 space.



What is the opposite of worry?

Hold your tongue and say the Key Verse.

Close your eyes and spin around 3 times.

What would you tell a friend who is worried?

Worry-free bonus!
Roll again!

Jesus tells us to store up riches where?

What are the "riches" mentioned in the previous space?

Start over. Just kidding. Move ahead.

FINISH



The Basics

RULES

1. The youngest person goes first.
2. Roll the dice. Move that many spaces.
3. Read and answer or do as directed.
4. If you don't answer or do, move back to where you were.