

To Do At Home:

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: Scavenger Hunt

Supplies: (provided) "Don't worry" pictures

Before the Activity: Cut out the pictures and hide them around a room before your child is there.

- Encourage your child to find the pictures.
- Explain that today's Bible story tells us not to worry about the things in the pictures.
- Look at each picture as your child finds them and talk about how they can feel worried and how Jesus is with us and takes care of us (through mommy and daddy and others, too).
- Say the Big Idea together: **Follow Jesus by trusting him!**

Activity 2: Watch the story

Supplies: (from home) Smart device to watch "Don't Worry by Saddleback Kids" (YouTube)

- Explain that today's story is from the Bible and that Jesus taught his followers not to worry.
- Watch the story together and talk about things that you notice in the story.
- Pray "Thank you God that you care about us and that we don't have to worry! Amen"

Activity 3: Worries

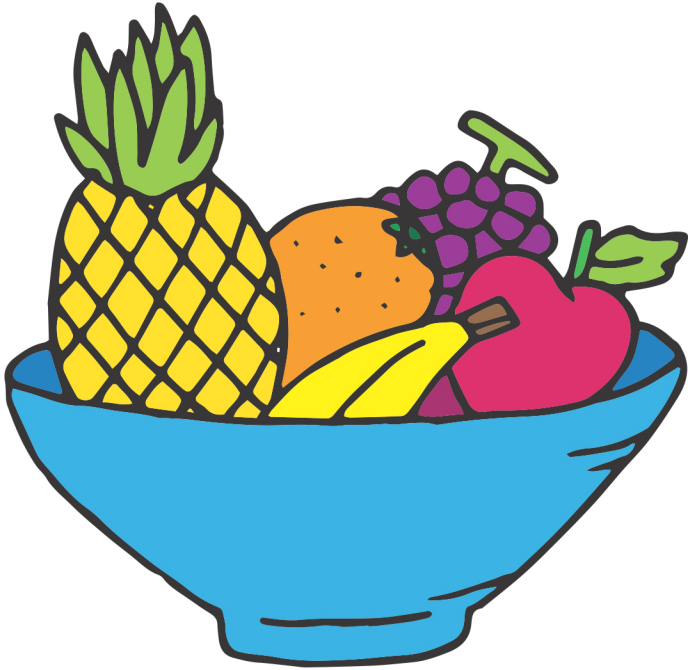
Supplies: (provided) Worries Activity Page, (from home) washable markers/crayons

- Ask your child what he/she worries about and list those things on the page. Add some of your own as appropriate.
- Have your child draw some of the items on the sheet.
- Explain that God told us we don't need to worry. He cares about us even more than the birds! When we're worried, we can pray to God.
- Pray together about trusting Jesus with our worries.

Activity 4: Memory Verse: "Do for others what you want them to do for you." Matthew 7:12

This is a shorter memory verse for the preschoolers to learn. Have your child say it after you.

- Practice the actions you made up last week.
- Now make the verse into a song and sing it together with the actions.
- If your child memorizes it, record them saying it and send it in to Sarah to have your name put in a draw for a monthly prize! (They can be sent by email to sarah@onthejourney.ca or through FaceBook Messenger.)



**Don't worry about
what to eat!**



**Don't worry about
what to wear!**



**Don't worry about
what to drink!**



Jesus teaches us how to live.

Things that we worry about...



**Jesus teaches us how to live.
Don't worry!**