



FRIEDENSCHURCH

Deep roots. Authentic relationships.

Verse of the Week: Cast all your anxiety on Him because He cares for you. (1 Peter 5:7)

Song for Kids: <https://www.youtube.com/watch?v=lnDs58jlvfQ>

Start with a family discussion about what the verse means.

- What does anxiety mean?
- What are some things that you worry about?
 - Make a list. There may be things your children are worried about right now that you aren't aware of! This is a great activity that can lead to a deeper discussion on the struggles and fears they are feeling right now.
- What happens to you when you worry? How do you feel?

Do you know that God cares about us so much, and He doesn't want us to worry? God wants us to put our trust in Him instead. He doesn't just care about the big troubles in our lives, he cares about everything that happens to us. He wants us to give Him our worries and fears!

- So how do we give God our worries and fears?

We do that by praying! Whenever you feel anxious or nervous about something, stop and ask God to take care of that worry for you. If you trust Him, you need to give that worry to Him! Sometimes that is really hard, but keep practicing! Talking with God, reading your Bible, and memorizing verses like 1 Peter 5:7 will all help those worries go away!

Ideas to help you memorize this verse:

- Say the verse out loud several times a day!
- Write it out and hang it on the refrigerator or bathroom mirror.
- At dinner time, go around the table and have each person say one word of the verse until you've said the entire thing.
- If you are now homeschooling, add "Memory Verse" to your daily schedule. Take just a few minutes to practice the verse together.

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