

The Basics

Luke 12:22-32 | Don't Worry

Big Idea

We don't need to worry. God's got it!

Conversation Starters:

Get ideas flowing by sharing some of your own ideas too!

Note: Anxiety can be a clinical problem. Although everyone worries, it can be a greater issue for some kids. Be sensitive as you discuss.

Use these questions to get your kids thinking about the Big Idea.

- What kinds of things do you think other people worry about?
- What do you think your parents worry about?
- What do you worry about?
- Why do you think we worry?
- Share the big idea: We don't need to worry. God's got it!

Video:

Watch this week's video.

Pray & Discuss:

After the video take time to talk about it together.

- What did Jesus teach about in today's God Story?
- What examples did he give to show that we don't need to worry?
- What did Anna worry about in the Life Story? How did she learn to trust that God's got it?
- What do you do when you are worried? What helps you?
- What are you worrying about that we can pray about together?
- **Pray:** Take time to pray specifically about the things your child worries about. Invite them to talk directly to God about what they worry about, too.

Do Not Worry Activity

Supplies:

- Bible
- Worry activity page
- Pen/pencil

Prep: Print out the Worry Activity Page.

- Read over the page together, and help your child understand what it is they are meant to do.
- Give your child a pencil or pen to use.
- Help them learn to navigate their Bible as needed.
- Encourage your child to fill in the blanks. Read over the verses with them as you go and discuss what they mean.
- When finished, ask your child which verse is most helpful to them and why.



Additional Activities

Key Verse Activity

Supplies:

- Key verse sign

Review the key verse together. Discuss:

- Who is speaking? What is the verse about and who is it for?
- Is there a special name for this prayer? (The Lord's Prayer)

Invite your child to consider a creative way to teach the Key Verse to someone else. Some suggestions are:

- Put the verse to a familiar tune.
- Create actions to go along with the verse.
- Draw signs or symbols to go along with each word or sentence to help you remember.

"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