

## LESSON PLAN IDEA GIVE ALL YOUR WORRIES TO JESUS

By Karen Taylor

Give All Your Worries To Jesus

1 Peter Chapter 5 verse 7

Props:

- \*Heavy and light rocks.
- \*A back pack.

Karen: "We had a fabulous time in class. The kids enjoyed the story. We had a time of holding rocks, identifying worries and giving them to Jesus in prayer. It was very moving. Kids took turns adding rocks into a back Pack and feeling how heavy the bag becomes".

- \* Our worries are like heavy rocks we carry around all the time.
- \* Spend time identifying each child's worry.
- \* Praying is talking to God.
- \* When we **\*Pray and in our minds and hearts give** each worry to Jesus its like a heavy rock has gone.
- \* Kids are so literal they may think they have to go and give them to Jesus personally.

\*Pray with each child identifying a specific worry.

- \*Feel how light our back pack feels now!
- \* Tell them that they can do this anywhere at any time.
- \* See the joy and relief on their faces. It is powerful!