

Children's Lesson- Trust in Jesus!

Watch the video, then discuss together and pray.

Bible Passage: Philippians 4:6-7

Main Point: God reminds us not to Worry!

Discussion Questions:

- What does God's Word tell us to do instead of worrying? (*Pray!*)
- True or False: Worry makes your heart and mind feel shaken up like a can of soda. (*True*)
- What are some ways we can trust in the Lord? (*Read His Word, Pray, Ask for Jesus' peace*)
- Take a few minutes to write down any worry or fear you may have today:

Pray together • God, You have a plan for us. We praise You because You are faithful and trustworthy. We confess that sometimes we trust in ourselves instead of trusting in You. Help us remember that You are good and in control. Amen.

