



GLOSSARY

ASK: Ask a question that will help them to think about how this information makes a difference in the life.

SHARE: Talk about your own experience as a disciple of Jesus.

EXPLAIN: This is a piece of information that will help to explain the topic.

What Can I Do When I'm Worried?

'God cares for you so turn all your worries over to him.'
1 Peter 5:7 (CEV)

Chat

EXPLAIN: Everyone gets worried sometimes. Worry is when a thought keeps going around and around in our minds and bothering us. When we worry we can often feel it in our bodies. We might feel like our tummy is jumbled up or our head might hurt. Sometimes we feel like we can't sit still when we are worried.

SHARE: About how worry affects you.

EXPLAIN: You might worry about a little thing. You might worry when your friend has borrowed a toy and hasn't given it back. You might worry about a big thing. You might worry when someone you know is sick. God says we don't need to worry about little things or big things because we can trust in him.

SHARE: A big thing I've worried about is... and a little thing I've worried about is...

Activity

Fold a piece of paper in half and on one side ask the child to write or draw some little worries they have. On the other side some big worries they have. Let them decide which ones are 'big' and which ones are 'little'.

EXPLAIN: God understands all your worries and knows everything that's happening for you. He wants you to know that he cares for you and wants to help you with all your worries.

SHARE: One worry that God has helped me with is...

ASK: Can you think of a time when God has helped you with a worry?

Activity

Get something heavy (e.g. a brick, a bag of full water bottles) and ask the child to carry the object around the house for a little while. Talk about how hard it is to carry heavy things for a long time.

EXPLAIN: The heavy thing is like our worries and God doesn't want us to have to carry it around everywhere. We can talk to God about the things that worry us and ask him to take our worries away.

Ask: Who are some other people you can ask for help or talk to when you get worried?

EXPLAIN: There are other ways to help us deal with our worries like writing or drawing our worries. This is sometimes called journalling.

ASK: Have you ever drawn a picture of something that you were worried about? How did you feel afterwards?

EXPLAIN: Another way to help us stop feeling worried is to have a thankful heart and think about the things we are thankful for. Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace no one can completely understand. (Phil 4:6-7)

EXPLAIN: Sometimes we might think about the things that worry us so much that we forget about the good things God has given us. Thinking about the good things God has given to us and the good things he does for us can help us not to feel so worried.

SHARE: Some things that I am thankful for are...

Activity

Fold a piece of paper in half and on one side ask the child to write or draw some little things they are thankful for. On the other side some big things they are thankful for. Let them decide which ones are 'big' and which ones are 'little'.

Application

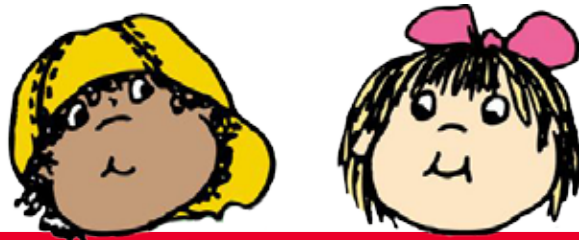
Next time you feel worried talk to God about it and ask him to carry your worries and thank him for doing that.

Prayer

Dear God, I know I get worried sometimes and I know that you want to help me by carrying my worries yourself. When I get worried please remind me that I can tell you and ask you for help. And thank you for helping me with my worries. Please help me to be thankful with everything you do. Amen.

Journal

Draw or write anything that is worrying you. Draw Gods hands underneath to remind you that he is carrying your worries.



Tips for Using Little Chats

As children answer the questions they are voicing their thoughts to God. Remind them that Jesus hears our prayers. You don't need to ask all of the questions each time you use Little Chats but referring to a range each time will help children to learn about the breadth of prayer.

Use the suggested prayer or pray in your own words to model more formal prayer without minimising the importance of the informal prayer.

Remember to be aware of the teachable moments in everyday life, not just when using Little Chats, to have important conversations with children.

This resource provides a guideline for conversations. If children want to discuss things further keep the conversation going for as long as they are still interested.

Don't be afraid to tell a child that you don't know the answers to their questions. In these instance, offer to work together to learn the answer.

Little Chats - What Can I Do When I'm Worried?

Journal

Draw or write anything that is worrying you. Draw Gods hands underneath to remind you that he is carrying your worries.

Prayer

Draw some pictures or write words to answer these questions:

What would you like to talk to Jesus about?

What are you happy about?

Is there anything that is making you feel sad?

What can you thank Jesus for?

Is there anything you are sorry about?

Is there something you would like Jesus to help you with?

Who would you like to pray for?

Dear God, I know I get worried sometimes and I know that you want to help me by carrying my worries yourself. When I get worried please remind me that I can tell you and ask you for help. And thank you for helping me with my worries. Please help me to be thankful with everything you do. Amen.