

Online session

SUNDAY 19 JULY

LET'S TALK...

Our verse today tells us that we must not worry, but pray and God will hear us and help us.

I wonder what things you might worry about?

There was a time in the bible when Jesus said don't worry. In Matthew chapter 6 he said do not worry about what you will eat or the clothes you will wear. He said that we should look at the birds who had everything they needed and that the fields were dressed beautifully in flowers. He said that God loves us much more than birds and fields, so we should not worry because he will take care of us!

So we must not worry, we must pray.

Do you talk to God?

What do you talk to him about?

God loves to hear us talk to him, it makes him so happy that we want to spend time with him.

We can talk to God about anything, he is always listening.

Why don't you try talking to him today... tell him if there is anything you are worried about and ask him to help you with it.

Then remember to say thank you!

MEMORY VERSE



Don't worry about anything!

Philippians 4:6



DON'T WORRY

Watch some teaching about our memory verse here;

[Click here!](#)



COLOURING TIME



WE LIKE...



365 Prayers for Kids is a free app that provides a daily prayer for kids under the age of 7 to help your children cultivate the habit of prayer.

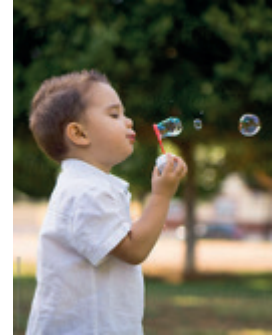
BUBBLE PRAYERS

You will need some bubbles, or you can make your own using washing up liquid and water.

Our verse today tells us to pray when we feel worried. That is like we are blowing our worries away and letting God help us with them.

Take turns blowing the bubbles and imagining you are blowing away your worries.

If you feel brave enough, talk about what you are blowing away.



CRAFT TIME



You will need;

- 2 paper plates
- Coloured paper
- Green tissue paper

Cut one paper plate in half.

Add grass, using green tissue paper, along the edge.

Tape it onto the other plate.

Add some paper flowers and decorate however you wish. Your grown up can write on it 'God cares for the flowers.... God cares for me' or they can write today's memory verse.

Hang it up somewhere to remind you not to worry, but to pray and thank God for all he has done.

PRAISE AND PRAYER

Let's have fun **PRAISING** Jesus, singing and dancing to these two songs

[Click here!](#)

[Click here!](#)

Let's pray together;

Lord Jesus, please help me not to worry, please help me to pray if I feel worried and to say thank you to you for helping me. Amen

Next week's craft: You will need – Sheets of different coloured paper or wrapping paper and glue.



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