

## **Press on in Confidence**

### **Lesson #14**

#### **Philippians 4:6-9**

**HOOK:** Show me what your face looks like when you are worried about something. Everyone worries once in a while. We may feel worried about having to see the doctor. Or if we're late getting to the airport, we may worry that we'll miss our flight! And most of us probably feel worried when we think that things may not turn out the way we want them to.

**BOOK:** When we open the Bible, we read in the book of Philippians what Paul has to say about worry. He tells the people (and us) not to worry about *anything*, but to do something else instead—pray! When we choose to pray instead of worry then we will experience God's great peace! Wow! Feeling peaceful is a lot better than feeling worried. The Apostle Paul wrote: **“Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.”**

**LOOK:** Boys and girls, God hears us when we pray and He wants us to tell Him what we're worried about. He wants us to tell Him what we need and thank Him for what He has already done for us. The Bible says that when we do that, we will receive an amazing peace that comes from God. Ahh... being at peace is nice, isn't it? So next time you're worried, talk to God about it.

**TOOK:** Let's practice doing that right now. You can pray a prayer like this the next time you are feeling worried: “God, I feel worried (kids repeat). I need Your help (repeat). Thank You that You know all about me (repeat). And You are always with me (repeat). Thank You that You take good care of me (repeat). Please fill me with Your peace (repeat). Amen!”

**Bible Verse:** **“Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.” Philippians 4:6 NLT**

**Prayer:** **“Thank You, Lord, that we can bring our worries to You. You hear our prayers and You have already done so much to help us. Amen.”**

## Press on in Confidence: #14



what we  
learned

Paul tells the Philippians (and us) not to worry about *anything*, but to do something else instead—pray! When we choose to pray instead of worry then we will experience God’s great peace! Wow! Feeling peaceful is a lot better than feeling worried. God hears our prayers and wants us to tell Him what we’re worried about. He wants us to tell Him what we need and thank Him for what He has already done for us. The Bible says that when we do that, we will receive an amazing peace that comes from God. Being at peace is nice, isn’t it? So next time you’re worried, talk to God about it.



memory  
verse

**“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.” Philippians 4:6 NLT**



parent/child  
activity

Sometimes we may feel worried or anxious and not even realize what is bothering us until we are invited to express it. Ask your child if there is anything in her life that she feels worried about. If she can’t express it verbally, offer her a piece of paper and crayons and ask her to draw a picture of something that worries her sometimes. Speak into her worry and encourage her. Then pray together about that specific worry and give it over to the Lord. Remind her that God wants her to talk with Him about anything that worries her and He is with her!



daily prayer

**“Thank You, Lord, that we can bring our worries to You. You hear our prayers and You have already done so much to help us. Amen.”**

the learning  
**TLC**  
continues