

Complete the following chart in order of how anxious they make you feel- (1- very good- 10 very anxious)

**Situation**

**Ranking**

A Getting up in front of a lot of people

B Doing something I have never done before

C Other people I care about

D What I will do in the future

E Not being popular

F Me or one of my family dying

G Exams

H How I look – either me or my clothes

I Whether people like me

J Success and failure

What should we do about stuff that bothers or worries us?

Read the following passage:

*2 I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. 3 Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.*

*4 Rejoice in the Lord always. I will say it again: **Rejoice!** 5 Let your gentleness be evident to all. The Lord is near. 6 **Do not be anxious about anything**, but in every situation, by **prayer and petition**, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

*8 Finally, brothers and sisters, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is **excellent or praiseworthy**—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

Look at verses 6–8

-These are 3 fantastic verses which say that we can tell all our worries to God. Our attitude should be one of being thankful and God will give us peaceful hearts and minds, allowing us to reflect on His goodness and kindness and keeping our focus on Jesus.

-No one can escape from stressful situations but that God can help us handle them in a way that allows us to experience His peace in our minds. How can these verses could help someone dealing with stressful situations?

- In verse 8 can you think of examples of the words in bold?

Have a look at this to help you think about what prayer is: [https://youtu.be/6LG\\_3pX88fM](https://youtu.be/6LG_3pX88fM)

As we pray and give our worries to God, then there is space in our minds and hearts for Jesus to become the main thing again.

<https://youtu.be/Jd35-M-xLX4>

Paul was writing to the Philippians while in very difficult circumstances. He wasn't trying to jolly them along or belittle the things they were experiencing, because the things he was experiencing were not so good either. What he was saying was don't let your outside circumstances affect your inner being. If we believe the things we say about God are true, then his peace can keep guard around your heart like a squadron of the Queen's soldiers keeping guard over the Crown jewels. Look again at verse 5. Paul isn't suggesting they become a bunch of softies, but that the way they respond to things shows who is in control of their lives

**-Every day of the year:**

There are 366 verses in the Bible commanding us not to worry. That's one for every day of the year and an extra one for leap years! Write out a number of the 'worry' verses, enough for one per member of your group, and give them a moment to read it through and reflect on it, and then take it home and put it in a prominent place where they will see it each day.

Examples of these verses are: Joshua 10:25/ Psalm 27:1/ Psalm 56:3/ Psalm 56:4;/ Psalm 118:6/ Proverbs 3:24 and Isaiah 12:2

Finally- this is 13 mins long but it helps us think about our feelings and talking to God about them:

<https://youtu.be/Gt88U3dwvUk>- older children

<https://youtu.be/HbFyEPzekAw>- younger children

On the following pages are various activities and one that you can do if you want is to make a 'worry tree'

You obviously don't need a whole tree for this but maybe a large twig or piece that has several offshoots.

Use paper or stick it notes & on each one write something or someone's name that you want to thank God for. Then on another piece- write something that you are worried about and want God to help you with. You can add to this as you need or want and remember to pray! ☺ Don't worry xx

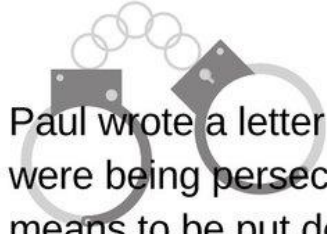
-Found this as well that might be fun- right click to open the hyperlink ☺

[https://www.christianbiblereference.org/ws\\_Philippians\\_0.htm](https://www.christianbiblereference.org/ws_Philippians_0.htm)

## Letter #6

# Philippians

## Church in Philippi



Paul wrote a letter to the church in Philippi while in jail. He knew they were being persecuted for their faith, as was he. To be persecuted means to be put down by others. Paul was able to be joyful and rejoice in the Lord even in a tough time like this.

He knew it was important to encourage the church and told them to rejoice because they are strong in their faith and Christ is watching over them. You, too, can find joy in Jesus even when things are not going your way during life. Pray for joy!

R	E	J	O	I	C	E
H	E	H	H	D	Z	F
R	A	J	A	J	O	Y
J	T	P	O	P	C	I
F	O	M	P	I	P	V
J	B	Y	I	Y	C	Y
W	P	R	M	W	O	E

Complete the Word Search

*Sometimes when we get discouraged or afraid, we forget that Jesus is all around us and he can bring us comfort and joy in any situation!*

## Word List

REJOICE HAPPY HAPPY JOY JOY  
REJOICE

What makes you feel happy?



Find a Philippians 4:13 card craft on page 32.



# Philippians 4:8



**“FINALLY, BRETHREN, WHATSOEVER THINGS** are **TRUE**, whatsoever things are **HONEST**, whatsoever things are **JUST**, whatsoever things are **PURE**, whatsoever things are **LOVELY**, whatsoever things are of **GOOD REPORT**; if there be **ANY VIRTUE**, and if there be any **PRAISE, THINK** on **THESE** things.”

Courtesy of [wordsearchrus.com](http://wordsearchrus.com)

Note: We used the King James Bible to produce this word search, which is the public domain.

TRUE



RIGHT

NOBLE

WHATEVER

PURE

is

LOVELY

ADMIRABLE

Excellent

or

Praiseworthy




think about such things!



Phil. 4:8

[www.cherigamble.com](http://www.cherigamble.com)


















































































































































Whatever is  
true. Whatever  
is Honorable, what-  
ever is just what-  
ever is pure  
whatever is lovely  
whatever is commen-  
dable, if there is  
any moral ex-  
cellence and if   
there is any praise  
Think on these things  
Phil 4:8



BibleWise

# Break The Code And Discover The Hidden Bible Verse

Using the code breaker below, decipher the message from the Bible

A= 	N= 	          
B= 	O= 	        
C= 	P= 	            
D= 	Q= 	            
E= 	R= 	          
F= 	S= 	           
G= 	T= 	          
H= 	U= 	       
I= 	V= 	      
J= 	W= 	          
K= 	X= 	          
L= 	Y= 	  
M= 	Z= 