

DigKids- July 12, 2009

We loved that during worship this week, Korban had us all spend time thinking about the things that we worry about, give those to God, and then reminding ourselves what Scripture says about it. Our kids are just as susceptible to worry and anxious thoughts as we are, and so we thought that it would be beneficial to do this exact exercise with your kids this week.

We suggest that as a family you sit down and talk about the things that worry and scare your kids. This is a great opportunity for you to hear about the things that they are thinking about and have anxious thoughts about. You can also use it as an opportunity to talk about things that you have been worried about, and how you need to give those things over to God. You can have the kids write out some of the things they are worried about and throw them away as a symbol of giving them over to God. We would suggest ending your time reading and talking about what Scripture has to say. The verses that we used on Sunday are: 1 Peter 5:7, Hebrews 12:1-2, Philippians 4:6-8, Proverbs 3:5-6, and Isaiah 26:3-4. You could even do an art project with these verses, so that you could hang them up in your home as a reminder to give things to God. Starting a pattern early of giving God our anxious thoughts and trusting that He is in control of everything will be an amazing gift you can give to your kids.