

Konnect TIOG

You Scared? – Stop Worrying

Say the point and Bible verse together.

Point: I trust God instead of worrying.

1 Peter 5:7 NLT

“Give all your worries and cares to God, for He cares for you.”

1. **Who can you give all your worries and cares to?** *God.*

Choose a few review questions.

1. What do you think most people worry about? *Answers will vary.*
2. When you feel worried, what does it make you think about? *Answers will vary.*
3. What’s true: what God says or what worries make you think about? *What God says.*
4. What truths do you know about God that make you worry less? *He’s in control, He loves you, etc.*

Choose an action step question.

1. How will you give your worries to God this week? *Answers will vary. Ideas: pray, say the Bible verse to myself, talk with a trusted leader about it, etc.*
2. What can you do if you get worried about the same thing after you’ve already prayed about it? *Give it to God again – as many times as you have to.*

Pray together.

1. **Ask** kids to share things they’d like to pray about.
2. **Write** down their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: *God, thank You for caring about our problems even more than we do. Please help us trust You. In Jesus’ name, amen.*

