

PARENT GUIDE

FIGHT FEAR WEEK 1 *WORRY*

1. **Discuss** the welcome question: **If you had a telescope, what would you look at?**

Small Group Activity

You'll Need

- 1 Peter 5:7 bucket (anything to throw paper in.)
- Small notepad
- Markers

To Do

Say: Luke from Konnect HQ was struggling with the kind of fear called "worry!" He needed to give his worries and cares to God and used a God jar to do it. We'll do the same thing here with this bucket! Let's read the Bible verse that's on it together.

1. **Say** the Bible verse together. 1 Peter 5:7 NLT

Give all your worries and cares to God, for he cares about you.

Say: Now, let's give our worries to God like the Bible verse says! We'll use this.

2. **Show** the notepad and **give** each kid 4 pages from your notepad.
3. **Tell** kids to **write** or **draw** their worries on each paper.
4. One at a time, kids **crumple** their worries, **say** the Bible verse, then, **throw** their worries into the bucket.
5. **Continue** until all the kids have thrown their worries into the bucket.

Choose questions to ask during the activity.

1. **What can you do when you start to worry?** *Give your worries to God!*
2. **Who can handle all your worries?** *God*

Small Group Discussion

Say the point and Bible verse together.

I trust God instead of worrying.

1 Peter 5:7 NLT

Give all your worries and cares to God, for he cares about 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 makes you worry less?** *He's in control, He loves you, etc.*
5. **How can trusting God help you when you feel worried?** *Answers will vary.*
6. **How can you tell if you're worrying about something?** *Answers will vary.*

Choose an action step question.

1. **How will you give your worries to God this week?** *Answers will vary.*
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.