



We give our worries to God.

This Prayer Station reminds us to hand over all our worries and concerns to God and he will give us His peace.

Read aloud

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

The Bible tells us that we can talk to God about our worries and all those things that trouble us and take away our peace. As we place them into God's hands, we then will have empty hands ready to receive His peace.

Do

Take a pot of bubbles and blow a stream of bubble prayers for each situation or worry that you have. When you blow them away imagine that God is taking them from you. Spend a few quiet moments of prayer.

Read aloud

When you next come to church, remember God always wants to hear what you are concerned about. He never gets tired of listening to you and wants to help you because He loves and cares for you.

Do

Ask someone or take a photo on your mobile phone of the scripture from Philippians above. When you get home, you could write it out on a sticky note to put over your bed to say in the morning and at night to continue to give your worries to God.

Pray

Pray this prayer together one line at a time for those with you to repeat.

Dear God,
 You are so tender and loving, and you are always there to listen to me. I give you all the things I am worried about. I hand over to you all the people and situations that are on my mind, and ask you to fill my heart with your peace.
 Amen.

Optional Reflection

We all need reminding to lean on God instead of our own strength. As a screensaver, you could put onto your phone or computer 'Peace I leave with you, my peace I give to you' (John 14: 27a) to help keep your eyes on Jesus and not the concerns of the day.

