

Katie



The Sunday
School Lady



PHILIPPIANS 4

DO NOT BE ANXIOUS

Scripture: Philippians 4:4-7

Open: Greet, Praises, Requests, Pray

Supplies: Helmets, pillows, cardboard sword, verse list (end of lesson), construction paper strips.

Ask:

Who can tell me what we did last week? (Threw away our pride and pressed on for the prize)

Today, we're at the end of Philippians. Can you believe it? It is a short book. Remember, it was originally a letter, so it's actually what we would consider a long letter today!

Tell me something you remember about our Philippian lessons. (Allow for answers)

Can somebody tell me something they're afraid of? (Allow for answers).

Today we're going to learn about how Paul encourages us to handle our fears.

Read Philippians 4:4-7

Explain:

Paul says not to be anxious, but with prayer and thanksgiving tells us to present our requests to God.

Have you ever tried that when you were afraid? Has it helped? Did it ever not help?

Sometimes I think we adults don't always do a good job when our kids are afraid. We tell them there is nothing to worry about. But when you're a kid, it feels really big and really scary. And prayer helps, but I know when I'm scared, it's something I have to pray about again and again and again. It doesn't always vanish immediately, but we can trust that God is with us and that is a such a comfort.

Activity:

Sometimes when you're afraid, it's easy to forget about anything other than the fear you're feeling. Today, we're going to really focus on the power we have in Jesus to find peace. Paul says he guards our hearts and minds in him. The imagery Paul uses is that of a soldier garrison, guarding our hearts and minds. So I need one volunteer. Everyone else needs a pillow. On each of these pillows, we're going to write some fears we have. Then, we're going to attack them with a sword!

Have the volunteer run with the sword, slicing and striking the pillows and their fears. If they can think of verses that combat these fears, that's even better. They can shout those as they strike at the fears.

Explain:

I have to willfully remind myself that God is with me. And we can do what Paul says here: we can think of things we're thankful for.

God wants to remind us that thankfulness helps us to be less afraid. It changes our focus. It reminds us of all God has done for us. And if he can do all that, then he can take care of us when we feel afraid. That is when the peace comes in. When we trust him and remember that he is so big.

Craft:

I want us to do something else to remind us of the strength and peace we have in Jesus. Remember that Paul said to present our requests with thanksgiving. We're going to make a thankfulness chain. Maybe you've done this as a countdown to something special. We're just going to make a chain to stay near your bed. Then, if you feel afraid, you can read things you're thankful for and begin to thank God for those things, taking your mind off your fears.

Before creating the chain, have the kids write things they are thankful for. Then, staple or tape the chain together and allow the kids to take them home.

Explain:

We all feel afraid sometimes-- even I do as an adult. God knows this. He actually talks about fear a lot throughout the Bible. And he longs for us to not be afraid. Instead, we can trust him and call out to him in our fear. We can ask him to help us, to comfort us, and to guard our hearts and minds in him.

Memorize: Isaiah 41:10

Close in Prayer