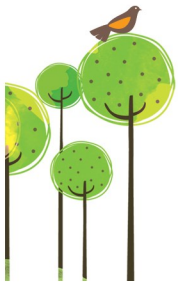




PONDER! Read Philippians 4:4-6 with your family. In this letter, Paul tells us we do not need to worry about anything. What should we do instead of worrying? Remember, God is always with us and He hears our prayers!

PRAY! Pray this prayer each day this week: "We are thankful we can pray to You, Lord. Help us remember to pray instead of worrying. Amen."

PLAY! "Do Not Worry! Pray!" Gather friends and family in a circle to play this version of Duck, Duck, Goose. One person is "Paul" and taps players on the shoulder saying, "Do not worry." When Paul taps a player and says, "Pray," the tapped player chases Paul and tries to tag the person before he or she reaches the seat the tapped player was in. If Paul reaches the seat first, then the tapped player becomes the next Paul.



PP Ages 4-5 U5L26

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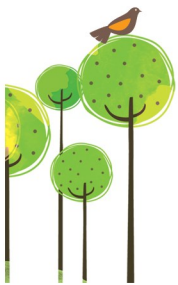


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