



BAG OF WORRY



▶▶ GETTING INTO THE ACTIVITY

Our worries can sometimes weigh us down. What happens if we give our worries to God and trust in him?

A leader should have the equipment and demonstrate how easy / difficult the bag is to lift when full or empty of worries. Ask the group how many times you could lift the bag above your head when it is full?

Ask the children about things they worry about. Write each worry on a post-it, stick it to a book and put it inside the bag. Keep going so there are enough worries in the bag to make it difficult to pick up. How heavy is the bag now? If you had to carry the bag around all day, would it be hard work?

When we are worried we can talk to God. This can help to take some of the weight away from you. Say a prayer as a group, removing each worry from the bag as you pray for it.

'Do not worry about anything, but pray and ask God for everything'
Philippians 4v6

✓✓ WHAT YOU'LL NEED

- Bag / Rucksack
- Lots of Heavy Books
- Post-It Notes
- Pen

! KEEPING EVERYONE SAFE

Be considerate when talking about worries. Some children may not wish to share their worries. This activity may also be a good chance to talk about their worries surrounding Coronavirus and how the world has changed for them recently. If running this activity face-to-face, maintain social distancing as required.