

# Tonight's

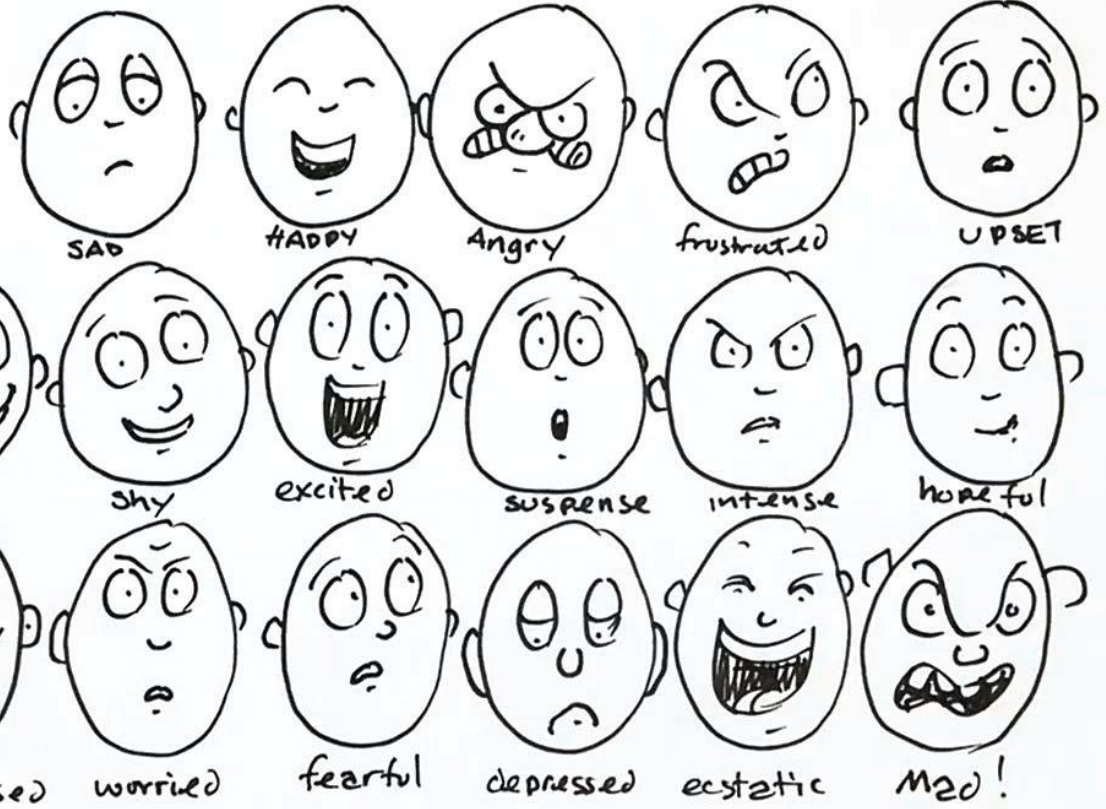
Can you spot Mr Worry on every page? Sometimes he's so worried that he's gone into hiding ...!



## passage – Philippians 4.<sup>4-9</sup>

### theme – inner peace

Have a look at all the faces and see which one shows how you are feeling now.



The passage this evening explains how we can stop being

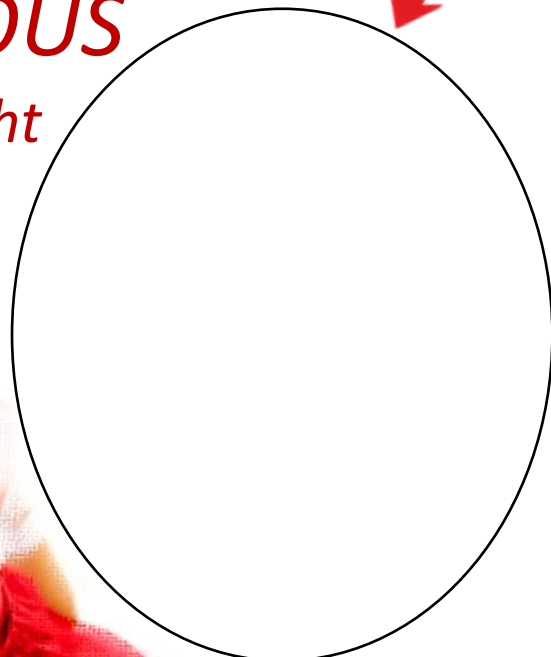
# anx i ous



and instead discover a real

# peace

Try drawing into this oval below what an **ANXIOUS** face might look like



Read  
**Philippians 4**  
verses 4-7

# peace

with

# yourself



<sup>4</sup> Rejoice in the Lord always. I will say it again: rejoice!

<sup>5</sup> Let your gentleness be evident to all. The Lord is near.

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Probably lots of things make you anxious!



**MR. WORRY**



Make a list here of the things which anxious or worried or scared

.....

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.....

.....

**What does Paul say we are to do when we are anxious?**

**P** \_\_\_\_\_ **y** \_\_\_\_ **r** \_\_\_\_\_ **to** \_\_\_\_

He loves it when we make a gift to Him of our problems!





# remember to be thankful!

Read

**Philippians 4**

**verse 6**

An Attitude of Gratitude



in every situation, by prayer and petition, **with thanksgiving**, present your requests requests to God.

**Saying 'Thank You' means you think about things you've already been given**



*Here are some ideas for you to try – they will help you when you find yourself anxious*



You can thank God for –

- **the promises He's made**

God has made some amazing promises: He's promised always to be with His people, always to protect them, always to meet their different needs.

And God always keeps His promises!

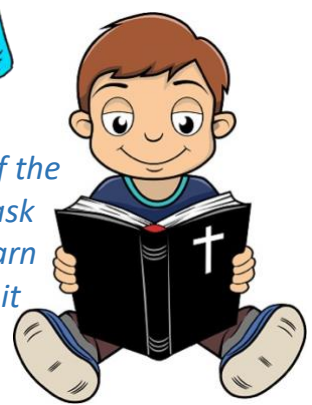


*Try building up a list of all the promises which God makes in the Bible and then keep reminding yourself about them!*

- **the stories in the Bible**

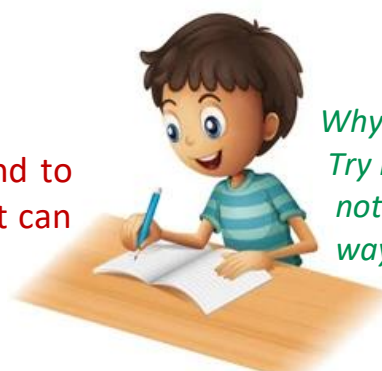
those stories are there to remind you of the way in which God came to the help of His people in all sorts of difficult situations

*Try and read a bit of the Bible each day: and ask yourself what you learn about God from it*



- **the way He's helped you in the past**

some people find it helpful to keep a diary, and to write in their diary the ways God helps them: it can be a real aid in remembering God's goodness



*Why not give this a go! Try keeping a diary and noting down each day the ways God has helped you and the things you've been learning*



Read

# Philippians 4

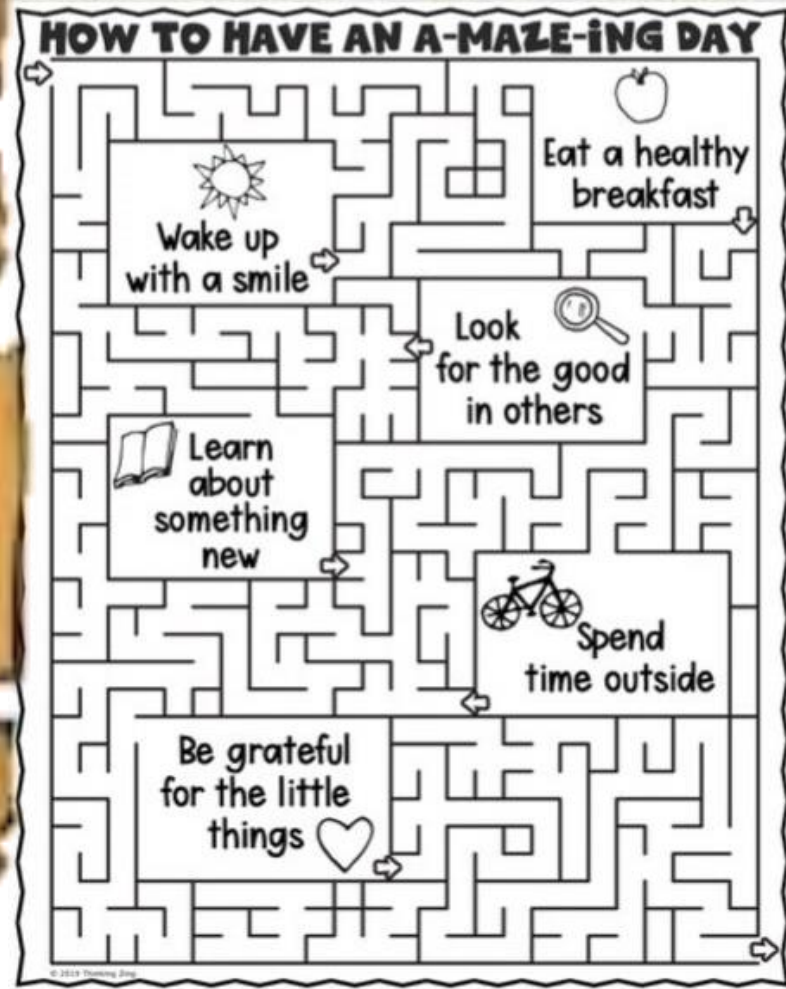
verses 8-9

<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

<sup>9</sup> Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.

# think good thoughts

Try this maze!

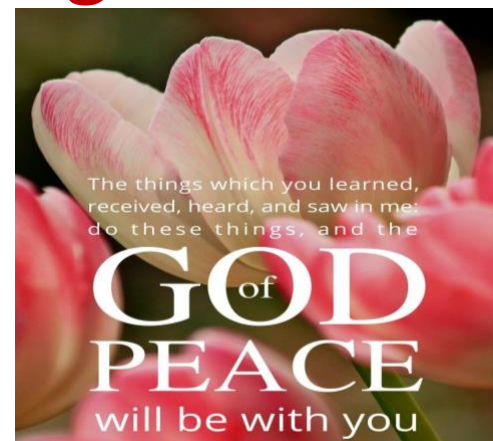


## What you think about makes a big difference!

Everything God does is true, noble, right, pure ... well, all the words Paul uses in the verses above.

Thinking about those things will remind you about who God is and what He's like and how He does all things really well.

He'll always sort things out for you too!





*Think about what you've been learning in this worksheet.*

*Speak to God about what you've learned: if you want, use this prayer to help you*

Thank You, Lord Jesus, for Your gift of peace.

I worry about lots of things!

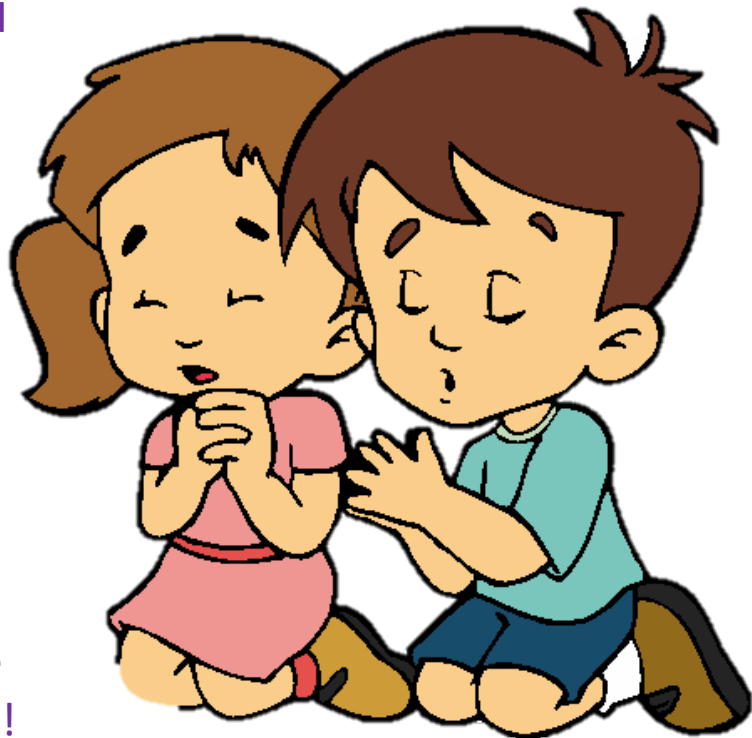
Things at school sometimes.

Sometimes things at home.

Sometimes there are problems I don't know how to sort out. Sometimes it's people I'm not getting on with. Sometimes it's fears which sort of creep into my head when I start to imagine what might happen.

Thank You for reminding me that You love to have me share all my problems with You!

And thank You that You're always able to sort things out so well. I don't know how You do it – I'm just glad that You're always so able to make everything good!



# Today's verse for you to try and remember!

".. in every situation, by prayer and petition, with thanksgiving, present your requests requests to God"

Philippians 4.<sup>6</sup>

GO  
of  
PEACE

will be with you



# A WORDSEARCH ..

try this wordsearch from **Philippians 4.8-9**

I Y X Q P T C Z I Q L Z U O H R T Y Y W O N V F  
R G C X R Y U F C H S C V R E S P E C T Z B O N  
P H I L I P P I A N S B S S P T O T B F H P V E  
C X A H Q J I K F A I F W H E X O H M Y B N B X  
X I X R N U W G U L T L Y Q E C Y I G X W C C A  
Z N R O O M P W M U C I P S J M P N R B U G D M  
H Q G I B S U S I S T E R S N J Q G P Y N T S P  
I M S H L H E R C T S P U R E E F S G B A Q W L  
C A C N E G N I T V J H J F G V E B C S E K K E  
L N E F G O W Y Y N J F O M U B T R R L K A D A  
E E Q X V D K V O X P E A C E E F N F F C N C I  
A X A Q X H J E N R E C E I V E D B B X Q C K Z  
R C M N W V G U B H K P E I T P C X M X M Q E W  
N E M S S W J Y J R B R S B X B F V H T H K H A  
E L O B H R Y R H P R A I S E B R O T H E R S S  
D L Y T Y L W Y U C U E N X W J O G Q N J Z Y O  
C E T U D E X H G Q L I X A T F M X R B Z D C T  
C N H M Z G W E O A S S H S Z M J K G K Y Q Z P  
N T F A W J E Y K Z H H E M C K U M F R X T N T  
L X H J M V U O I C H P A W S X G O E D W U K R  
S F O S U F P U B K Z V R X H R V D K I V E O Q  
M C P L Z L R C S B F Y D R S C W O R T H Y W I  
M B Y P R V Z S V R I G H T N G J I O X B O B X  
V V K R D Y O O R D Q H J D S H J C W W J T O G

Philippians  
praise  
God  
pure  
example

received  
excellent  
you  
right  
brothers

learned  
respect  
peace  
noble

things  
worthy  
heard  
sisters



# COLOUR in the picture

