



LIVE THE STORY

week seven

This week with our 'live the story' we are focusing on worry and what it can do to us.

PREP:

Gather a backpack and heavy items (enough that your child/children are able to carry but would be heavy/uncomfortable).

EXPLAIN ACTIVITY:

Ask each person to name things that they may worry about. As you are naming them, have a heavy item represent each worry that's named and put it into the bag. Then have each person (besides adults) carry the backpack for a short time, to a specific spot. Talk about how these worries can weigh them down, keeping us from living life to the fullest in Jesus. Then take the back pack from them and carry it to the spot they were hoping to go. As you do this, talk about how Jesus invites us to give our cares (& worries) to Him (Matthew 11:28-30). You can also take some of the things out of the bag, making a note that even though God carries you through, you still keep going. It's on the journey that we travel, that He can make our bag lighter as we trust him.

QUESTIONS & COMMENTS AFTER:

- How did it feel to carry all that weight?
- How did it feel when the weight was lifted?
- How do you think you can let God take your worries so you are not weighed down by them?

PRAY OVER IT

