

GLKIDS

FAMILY GROUP CHAT

Hi Gracelife Family,

Week of 5/31/20

Although we are apart GraceLife's vision to gather, grow, and go has not changed. Therefore we continue to hope to encourage growth within Gracelife's families so I wanted to provide some conversational helpers related to the sermons while we are away. Tommy does this for community group leaders as a resource they can choose to use if so desired. I thought this model could be replicated as we are continuously within our "family groups".

Hopefully, this will be another resource you can use to help your family refocus on Christ during this "divine disruption".

Please keep in mind that when Tommy gives this to the leaders he emphasizes that this is optional. If it is used, the conversation should lead so if you don't get to all of this, it's okay. The Holy Spirit is working in your conversation - follow him. Because this is a family discussion this could be used throughout the week or not at all.

We would love to see your children doing any of the activities or challenges that are suggested. If you feel comfortable, share pictures of your children completing these on either Facebook or Instagram by tagging Gracelife.

Diane and I are praying for you always and we are excited to see how God is going to use this time within your family.

Courtney Wampler
Director of Early Childhood Children's Ministries



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ANXIETY (Part 2) Philipians 4:8-9

Introduction

Read Philipians 4:8-9; share the context of the verses (Tommy shared this in his sermon) with your children; Paul was in prison and the church at Philippi had a lot going on around them to make them anxious. When God gives us instructions it is because he knows what we are going through and wants to give us hope.

How do you act when you are feeling worried? Do you cry, do you talk a lot, do you get excited, do you ask a lot of questions? What helps you to feel better?

Practice What You Have Seen

Did you know that adults get worried? Have you noticed anything that your parents do when they are feeling worried about something?

God wants us to learn from and help one another which is why he wants us to be in community. Our parents are an example for us just as Paul was an example for the people of Philippi, they help us know what to do and give us advice when we feel worried.

Use Your Mind & Examine Your Life

Read the list in the verses and explain what each "virtue" means to your child.

Activity:

Supplies - Large Paper with picture of brain, note cards with godly thoughts, tape
Have children tape the note cards onto the brain to fill the mind with Godly things to think on. Make sure that the cards fill up the brain to demonstrate that when we think about these things it is hard to be worried when our mind is filled with Godly things.

What are some things that we put into our minds that may cause us to feel worried or scared?

Paul Wants us to Think of Jesus

How does thinking of Jesus keep us from feeling worried?

Each of these 8 virtues help us think of Jesus - help your children understand how these describe Jesus.

Resources

[Coloring Page](#)

[Song: Think About It - Seeds Family Worship](#)

[Song: Think About Such Things - Steve Green \(Smaller Children\)](#)

