

FEAR & ANXIETY

WEEK 1 | CHILDREN

SESSION 2

Here is our prayer activity based off our 'pray' video, looking at the theme 'fear and anxiety around Coronavirus'.

PRAY:

Draw a scared or sad emoji on the left-hand side of a piece of paper and a happy face on the right-hand side of the same piece of paper.

In the middle of the page, write the words of Philippians 4:6.

Then, pray that these words would be true for you.

Write down some things that you're scared about next to the sad face.

Then, knowing that we can give these fears to God, write down some things that you are happy about next to the happy face.