

Dear

Sometimes there are things that causes us to worry, especially not knowing or understanding what is happening. This can make us feel nervous and confused.

But you do not have to worry because I care about your situation, and I am walking alongside you in whatever challenges you are experiencing.

Just as I care for the birds of the air, the lilies of the field, and the grass of the field, I care so much more for you. I will give you my peace to help you in uncertain moment.

I, your father in heaven, say to you do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to Me and I will turn your worry into joy.

Love Forever,
God

P.S.

This time I have two suggestions to you. The choice is yours!

1. Option One - If you want to write a letter back to me, telling me about your worry, pen it down in your prayer journal. Don't forget to read it to Me before you go to bed. I promise to exchange your worry for my peace!
2. Option Two - make a "Worry Eating Bag" (see instructions enclosed)

Worry Eating Bag



1. Take a toilet roll tube and unwanted sock. Ask your parent for permission.



2. "Dress" the tube with the sock, pushing the extra sock inside.



3. Ask your parent for permission and take a second sock. Cut the trousers as shown on the picture.



4. Stick the trousers with sellotape and add some yarn for hair. You get to pick up the colour!



5. Ask your parent for permission and take a third sock. Cut the tip to form a hat.



5. Almost ready!



6. Ask permission and take a fourth (and last) sock. Cut about 5cm from the toes. Then make a small cut at the top.



7. Put a lollypop stick (or a small pencil) in sock number four. Using sellotape stick it to the back. This is the **worry-eating bag**.



7. Stick the googly eyes (enclosed). For mouth use pasta or a wrap of a chocolate sweet. Yummy!

Can you see my worries written on the yellow, green and red papers? They are all in the worry-eating bag. The same way Jesus promises to take our worries away when we share them with Him. So why not start writing your worries on a piece of paper? Read them to Jesus and ask Him to take your worries away. I am sure He can handle them! Then put your worries in the worry-eating bag! That's it! Your worry is God's worry now!