

Growing Together

Bible Story
Gideon asks for a sign
(Judges 6:36-40).

Gideon 11:
We can share our
worries with God.

Bible Verse
“Don’t worry about anything; instead,
pray about everything. Tell God what
you need” (Philippians 4:6).

In Touch

Today your child learned that God cares about our worries and that God helps us when we bring our cares to him. The children helped each other with worries and learned to deal with their worries rather than ignore them.

Worry Ball

Use chalk to outline your child on an outside wall. Tell your child that you will pretend a soft rubber ball is a “worry ball.” Have the child stand about 10 feet back and throw the worry ball at his or her outline. Talk about how the ball bounces back each time. Explain that when we give our worries to God, the worry bounces off us. Now throw the worry ball directly to your child, who is standing away from the wall. Explain that when you stand away from God, you can easily get caught holding on to a worry, just as your child is holding the worry ball!

Talking to God

Make a worry necklace out of ring-shaped candies. Each time your child is concerned about something, go to the necklace together. Pull off a candy for each of you to eat as you discuss the problem, and then pray together about it. Thank God for taking our worries and for helping us with our problems.

Kids Cook

Make “Gideon’s Answers,” which are dry around the edges and wet in the center, like Gideon’s fleece from Judges 6:36-40.

- 3 egg whites
- $\frac{1}{4}$ teaspoon cream of tartar
- $\frac{3}{4}$ cup sugar

Beat egg whites and cream of tartar until foamy. Beat in the sugar 1 tablespoon at a time. Beat until the egg whites are very stiff and glossy. Cover a cookie sheet with a brown paper bag. Drop spoonfuls of the meringue onto the paper. Hollow the center so the meringue is shaped into small cups. Bake at 250 degrees for one hour. Turn off the oven and leave the meringue cups in the oven with the door closed overnight. Fill the cups with frozen strawberries or ice cream.

As you bake, have your child tell you the story of Gideon and the fleece. Talk about how God cares about us and wants to help us with our worries. The next day, when you eat Gideon’s Answers, talk about how God loved Gideon so much that God gave him signs and how God loves us so much that he wants us to share our worries with him.

Music Makers

Sing this echo song to the tune of “Frère Jacques.” It is adapted from 1 Peter 5:7.



SING

**Throw your worries, throw your worries,
To the Lord, to the Lord!
For he cares for you, for he cares for you,
Never fear, never fear.**