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# CHURCH@HOME

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***Here are some ways for you to take worship home with you this week!***

📖 **Memory Verse** (review at least once a day):

“Throw all your anxiety onto Him every day, because you know how He cares about you.” ~1 Peter 5:7

☞ **Digging Deeper** ☞

*Read:* Matthew 6:25-34

*Reflect:* Check your gut. Is it tight? Why? What is heavy on your mind? What keeps you awake at night? What causes your gut to tense? Make a list (see Activity below).

*Discuss:* Behind each of our anxieties is usually a fear of losing something. Discuss the prevalent anxieties among the people you know. What is the loss feared behind them? What would need to be surrendered in order for peace to replace anxiety?

*Activity:* Create an "Anxiety" list. As you notice what creates anxiety in you, write it down. Next to it, list what the deeper fear might be of what you may lose. Pray and surrender it to God. Document in your "Anxiety List" the date you gave it to God.

*Pray:* The Lenten CROSS prayer in your pocket.

👨 **With Kids:**

*Big Business*

Worry is something people spend a lot of time thinking about. In fact, anxiety is big business these days. Look around your house and see if you can think of some items or products that people buy based on worries. An easy one would be locks on our doors. We have them because we are worried about protecting our homes from invaders!

*The Worry List*

God loves us and he wants us to trust in Him. It is natural to feel worried or scared sometimes. These feelings are not wrong, and the Bible encourages us to talk to God about the things that worry us. Tonight, before bedtime, make a list of the things that you sometimes worry about. Bring those cares to God and ask him to give you peace. Keep the list by your bed. As you continue to pray throughout the week, are there any items that can be crossed off?

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