

## **Family devotion 22/3/2020**

### **Phil 4:4-7 (International Children's Bible)**

Read Phil 4:4-7

<sup>4</sup>Be full of joy in the Lord always. I will say again, be full of joy.

<sup>5</sup>Let all men see that you are gentle and kind. The Lord is coming soon. <sup>6</sup>Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks. <sup>7</sup>And God's peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it.

**Verse 4 says "Be full of joy in the Lord always."**

**Option 1 - Find a piece of paper and some pencils and everyone (parents included!) draw a picture of a time you were sad or draw something that makes you sad.**

**Option 2 – Act out a time you were sad.**

**Then: Go around the circle and explain your pictures or acting (what you drew/acted out and why you were sad)**

**But verse 4 says Be full of joy in the Lord. Can you think of 3 things God has done to make us full of Joy? (What God will do in verse 5 is one example)**

What are some things you have been worried about recently?

What does verse 6 say we should do when we are worried?

What are we told to talk to God about? (v6)

Verse 6 also says to pray with thanks, circle which prayer you think does a good job at praying with thanks:

- Dear God I am really worried about getting sick, please don't let me get sick, please take away my worries. Thank you that you give me what I need and I can always trust you.  
Amen
- Dear God, don't let me get sick or I will get really angry and upset. Amen

What does verse 7 say we get if we pray about things we're worried about?

What does God's peace do?

What does it mean that God's peace will keep our hearts and minds in Christ Jesus?

How are you feeling now? And how can you talk to God about that?

Optional Photo Challenge – Get your parents to take a picture of something that worries you or something that brings you peace. Parents can send it to [office@stmarksberowra.org](mailto:office@stmarksberowra.org) if they want it to be featured in next week's livestream. Parental permission is needed.

Optional Puzzle game – Colour in the next page and cut it into a puzzle.

6 Do not worry about anything.

But pray and ask God for everything you need.

And when you pray, always give thanks.

7 And God's peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it.

Phil 4:6-7

---