### Philippians 4.1-9

Paul ends his letter to the Philippians telling them to rejoice and not to worry but bring everything to God in prayer.



## Family time

Talk What can you do if you are worried or anxious about something?

**Do** Read The Huge Bag of Worries, Virginia Ironside, and talk together about the book afterwards.

**Pray** What makes you want to rejoice? Share these things together and shout out 'Rejoice in the Lord!' after each one.

# Activity time



Colour in and decorate the word 'Rejoice!' Draw things/people you want to bring to God in prayer.

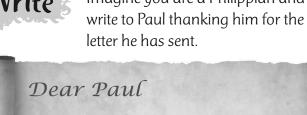




### ROOTS Children's Sheet

11-17 October 2020

Imagine you are a Philippian and









Unscramble the letters to see what the Philippians might have been feeling when they heard these words from Paul.







