

G.R.A.C.E. PLACE FALL NEWSLETTER

Grace Lutheran Church
Sept. 20th – 26th, 2020
Issue 2



Welcome to the 2nd issue of Grace Lutheran's Fall Newsletters for our Christian Education program!

Let's Pray:

Dear God, fill us with patience as we all learn to cope with the different way of life we are currently trying to navigate.

Last week we discussed feelings. This week, we are going to continue with mental health. Please continue with your feelings chart. This week we are also going to talk about worry and anxiety.

This week we will not have a zoom check-in at 9:00am on Sunday as Kelsey is on vacation.



You will need a jar, decorating items for the jar (stickers, markers, paint, tissue paper, glue, etc), paper, and a writing utensil.

Create a worry/prayer jar with your child (one jar for each child):

- Decorate the jar (plastic or glass) with glitter, glue, tissue paper, markers.
- Make sure to label your jar with your name and "Worry Jar"
- Underneath "Worry jar", write "Prayer Jar"

Using the worry/Prayer Jar with your child(ren):

- Invite your child to write down his/her worries on a slip of paper. One worry per paper.
- When they write the worry on the paper, they can worry about it. BUT once the paper goes in the jar, they should try to leave that worry to God.
- Putting the worry in the jar, you also should pray over that worry. Ex: God, please help me feel less worried about this school project coming up. Comfort me with all your love. Amen.
- Every day, preferably, every day at the same time, take time as a family to go to the worry jar, talk about your worries, then give them to the God by putting them in the jar and praying.

JESUS & WORRY

Matthew 11:28-30

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me: for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Our worries can weigh us down and keep us from loving and supporting others and ourselves. Jesus reminds us to come to Him not only for comfort, but he can take our weight for us, the weight that our worries give us, and gives us peace.

As you work on naming and claiming your feelings and putting your worries in your prayer jar, remember that you are asking Jesus to take those heavy burdens and carry them for you.



MORE RESOURCES FOR WORRY AND ANXIETY

Movies:

- Inside Out
- Finding Nemo

Anxiety games, toys, & books for kids:

<https://veryspecialtales.com/anxiety-games-toys-books/>

Discussion Questions:

- How did the character's worry affect their actions?
- What do the character(s) worry about?
- Do their worries go away?
- What helps relieve some of the worry/anxiety?