### 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.



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 write to Paul thanking him for the letter he has sent.







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







