



SMALL GROUP LEADER GUIDE

YOU SCARED? WEEK 1 STOP WORRYING

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **Talk about a time you were so sick you had to miss school.**

Small Group Activity

You'll Need

Per Kid	1 1 Peter 5:7 label 1 Small favor box 4 Notepad sheets
Per Group	Set of markers

After Activity

Kids Keep	Worry Box they made
You Keep	Set of markers (<i>save for later use</i>)

To Do

Say: Everyone at Konnect HQ was worried about getting sick! They needed to give their worries and cares to God. We do, too. Let's make a special box to help us.

1. **Give** each kid a box, a 1 Peter 5:7 label, and 4 sheets of paper from your notepad.
2. Kids **stick** the label onto their box and **write** or **draw** their worries on each paper.

Say: Now, let's give our worries to God. Say the verse with me, crumple up your worries, and put them in the box.

3. **Say** the Bible verse together. *Verse is printed on label.*
4. Kids **crumple** the worries and **throw** them in the box.

Say: If you get worried again, take the worry out of the box, ask God to take care of it, and put it in the box again.

5. **If time allows**, kids **decorate** boxes.

Please save questions on back for Small Group Discussion.

Small Group Discussion

Say the point and Bible verse together.

I trust God instead of worrying.

1 Peter 5:7 NLT

Give all your worries and cares to God, for he cares about you.

1. **Who** can you give all your worries and cares to?
God

Choose a few review questions.

1. **What** do you think most people worry about?
Answers will vary.
2. **When** you feel worried, what does it make you think about? *Answers will vary*
3. **What's true:** what God says or what worries make you think about? *What God says*
4. **What** truths do you know about God that make you worry less? *He's in control, He loves you, etc.*
5. **How** do you think trusting God can help you when you feel worried? *Answers will vary.*
6. **How** do you think you can tell if you're worrying about something? *Answers will vary.*

Choose an action step question.

1. **How** will you give your worries to God this week?
Answers will vary. Ideas: pray, say the Bible verse to myself, talk with a trusted leader about it, etc.
2. **What** can you do if you get worried about the same thing after you've already prayed about it? *Give it to God again—as many times as you have to.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, thank You for caring about our problems even more than we do. Please help us trust You. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **decorate** the boxes.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.