



Family Devotion

March 25, 2020 • *Philippians 4:6-7*

Go to God's Word

Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

Philippians 4:6-7, The Living Bible

Reflect

1. What types of things scare you or make you worried?
2. Who do you turn to when you are afraid?
3. Do you trust that God can take care of you?

Observe

Give each child several blank papers and tell them to write each of their fears on each of the papers. Once all of their fears have been written, have them crumple the papers and throw them in the recycling, saying, "today I choose to trust Jesus with my fears."

Worship

Watch [this video](#) to help you remember the words of [Philippians 4:6-7](#) and then pray together as a family, asking God to calm your thoughts and quiet your heart.