## LESSON 7 ACTIVITY SHEET

What things do you need God's help with? For example, family worries, concern about where you live, problems with friends, sadness, school difficulties. Write your concerns on these five stones.

Now go outside and find five real stones. Hold one stone at a time and say: "God, I trust You with this \_\_\_\_\_ (tell Him one of your worries)." Now throw the stone away and say or sing the memory verse to yourself (Philippians 4:13). Do the same with each stone, but make sure you do not hit anyone or anything when you throw them.



Help David find his sling and stones.

