

Supplies: 1ft length
of yarn for each

WORRY KNOT PRAYER ACTIVITY

Read Peter 5:7

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

Say this verse out loud. Isn't it amazing? God loves you so much that you are invited to give him all your worries and fears. Take a few minutes and think about what you are afraid of and worried about. Talk about it with each other. For each worry or person you are thinking about tie a prayer knot in your yarn.

Pray. Be Still.

If you are able, untie your prayer knots as a symbol of letting go of those worries and leaving them in God's capable hands.

Keep the strings in your room or in a bowl in your house. Do this activity daily.