

# My Sermon Notes

Name: .....

Date: .....

It is       today.

I heard:       

Colour in today's date!

DECEMBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## New-Sermon-Series

Sermon Series: Prince of Peace

Today's Sermon: Peace of \_\_\_\_\_ - \_\_\_\_\_



word bank: heart, mind

## What's-Anxiety?!?

It's the feeling you get when you feel really stressed or worried about something. Sometimes it can be so overwhelming that you can't think straight or it makes you feel sick.



Circle the correct answer for each question

## Pop-Quiz!

1. What does anxiety steal?  
a) Wallet, phone, keys  
b) Toys, clothes, computer  
c) Thoughts, health, joy
2. What can anxiety sound like?  
a) But what if...  
b) I love this song!  
c) How do I do this?
3. What's bigger?  
a) God  
b) My problems

4. What are some things that make you feel anxious? Write or draw it below.

## Circle it!

Anxiety is something anyone can experience, sometimes it happens when we're stressed or overwhelmed. What are some ways anxiety feels like to you? Circle the ones that relate to you.

Headache

Nervous

Tummy ache

Fidgety

Spinning head

Scary

Sweating

Tingly

Worry

## Write it!

What are some things you can do to help feel calm when you feel anxious?

## Fill in the blanks!

Philippians 4:6-7 gives us great biblical wisdom on dealing with anxiety. Fill in the blanks below! (Hint, use a bible to find the verse for help)

Do not be anxious about anything, but in every situation, by \_\_\_\_\_ and petition, with \_\_\_\_\_, present your requests to God. And the \_\_\_\_\_ of God, which transcends all understanding, will \_\_\_\_\_ your hearts and your \_\_\_\_\_ in Christ Jesus.

## Colour it!

Feeling anxious can feel A LOT sometimes, but things like prayer, talking to an adult you trust, or practicing mindfulness, can help replace anxiety with peace. Let's practice with some mindful colouring!

