

My ^{little} 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

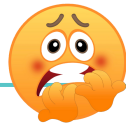
Sermon Series: Prince of Peace

Today's Sermon: Peace of _____ & _____

word bank: heart, mind

What's Anxiety?!?



It's the feeling you get when you feel really worried about something. Sometimes it can be so overwhelming that you start to miss home or get a tummy ache.

Match-it!

Draw a line to match the emotions!

Happy

Anxious

Sad

Calm



Trace-it!

When we're feeling anxious we can:

Pray for peace

Circle-it!

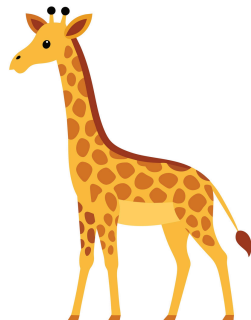
God's bigger than any of our problems! Circle what's bigger below.



vs.



vs.



vs.



Draw-it!

Being thankful can remind us of what we have and squash the worries of the what if..?!

Draw something you're thankful for!

Colour-it!

When you feel worried, something you can do to help calm down is a simple activity like colouring!

Colour the picture below.

