

Worry — Day 1



Precious Promises

Devotional Guide



🎧 Listen to
Scripture Song:



Today's Promise (#146) — KJV

2 Chronicles 20:12, 15, 17, 21, 22 "O our God... we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee. ... Thus saith the LORD unto you, Be not afraid nor dismayed... for the battle is not yours, but God's. ... Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the LORD... fear not, nor be dismayed; to morrow go out against them: for the LORD will be with you. ... Praise the LORD... And when they began to sing and to praise, the LORD set ambushments against the [enemies], ... and they were smitten."

📖 Apply the Promise!

When worry overwhelms you, keep your eyes on Jesus and praise Him, because the battle is His!

📖 Bible Story (2 Chronicles 20)

King Jehoshaphat received some very bad news. A huge army from three different nations had joined forces and was marching straight toward Jerusalem to attack them. He felt very worried and afraid because he knew his army was entirely too small to fight such a giant enemy. He was facing a problem that was way too big for him.

But instead of letting his worry turn into panic, Jehoshaphat did exactly what we should do when we are afraid. He called all the people together to pray. He honestly told God, "We have no might against this great company, neither know we what to do: but our eyes are upon thee." He took his focus off the scary problem and looked straight at his powerful God.

God answered them with a beautiful promise. He told them not to be afraid or worried, because the battle was not theirs, but God's! He promised that they would not even need to fight. The next morning, Jehoshaphat did something that seemed very silly. Instead of sending his soldiers with swords to the front lines, he sent out the choir!

He appointed singers to march in front of the army, loudly singing praises to the Lord. As soon as they began to sing and praise, God confused the enemy armies so much that they completely defeated each other. When Jehoshaphat's army arrived, they didn't have to lift a single sword. They spent three days gathering the treasures from the empty battlefield!

Jehoshaphat's story reminds us that when worry surrounds us, our greatest weapon is keeping our eyes on God and praising Him.

☀️ True Story

On April 12, 1978, a church in the country of Uganda was holding a worship service. During this time, the country was ruled by a very mean dictator, and it was dangerous to be a Christian. Suddenly, a group of angry soldiers burst through the church doors. It was a huge, scary problem with no way out. The 600 people inside knew the soldiers were there to hurt them.

Instead of panicking or trying to fight back with their own strength, the church did something amazing. The pastor and the congregation dropped to their knees and began to pray and praise God out loud. They knew they could not defeat the armed soldiers on their own, so they turned their eyes to the One who could. They sang songs about God's power and lifted their voices right in the middle of the danger.

Suddenly, a member of the church orchestra picked up his trumpet and blew a loud, joyful blast of praise to the Lord! When the soldiers heard the trumpet echoing through the church, God fought the battle for His people in an amazing way. The soldiers were instantly filled with fear. They mistakenly thought the loud trumpet blast was a military signal for an army hiding nearby to attack them.

The soldiers immediately turned around and ran out of the church in a total panic. By choosing to pray and praise God in the middle of a scary situation, the entire church was saved.

This story reminds us that when we face a giant problem, we can start praising God right away, because He will fight our battles for us!

💬 Discussion Questions:

- When King Jehoshaphat found out a large army was coming to attack them, what was the very first thing he did?
- When the soldiers came into the church, what did the people do instead of panicking or trying to fight back?
- Why do you think praising and thanking God can actually change how big or scary a problem looks to us?

📖 Activity:

When you feel worried, it feels like an invisible army is attacking your mind. Have the children create a "Battle Box" by decorating a small cardboard box. Write down their biggest worries on pieces of paper and drop them in the box, officially handing the battle over to God. Then, turn on your favorite worship song and march around the room singing loudly! Remember that praising God before you even see the victory is the best way to chase away worry.



Today's Promise (#147) — KJV

Psalms 4:8 "I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety."

❤️ Apply the Promise!

When we feel worried or anxious at night, we can sleep in perfect peace because God is always awake and watching over us.

📖 Bible Story (Acts 12)

King Herod was a ruler who wanted to stop people from teaching about Jesus. To frighten the believers, he arrested the Apostle Peter and threw him into a dark prison. Herod commanded sixteen guards to watch Peter carefully. He planned to bring Peter out the very next morning to face an angry crowd.

Peter was placed in the deepest part of the prison. His wrists were tied with chains, and he was forced to sleep on the stone floor right between two soldiers. It was the last night before he was going to be punished. Most people in that scary situation would be crying or staying awake all night in fear.

But Peter made a beautiful choice. He laid down on the floor, closed his eyes, and went right to sleep. He slept so deeply and peacefully that when an angel suddenly appeared in the locked cell to rescue him, the angel actually had to poke Peter on the side just to wake him up! The angel told Peter to get up, and his chains simply fell off. The angel safely led him right past the guards and out of the prison.

How could a man sleep so soundly in such a scary place? Peter knew a powerful truth. He understood that even behind locked doors, God was watching over him. He completely trusted that his life was safe in God's hands, not the king's. Because he knew God was in control, he did not have to worry about tomorrow.

Peter's story reminds us that we can close our eyes and sleep in perfect peace because God is always awake and watching over us.

☀️ True Story

In May of 2013, a very large tornado moved right through the town of Moore, Oklahoma. At Briarwood Elementary School, a first-grade teacher named Wayne Mayes rushed her young students into a hallway. The dark storm roared directly over their school building. The heavy brick walls began to shake, and loud noises filled the air. It was a very scary moment for the children in the dark.

To keep worry from taking over their minds, Ms. Mayes pulled her students close. She told them to cover their heads, and then she began singing the familiar words of "Jesus Loves Me." As the loud storm grew closer, the children sang along with their teacher. Their little voices rose in the middle of the dark hallway, helping their young hearts stay calm instead of giving way to fear.

The strong wind ruined the school building, leaving them trapped under the fallen bricks. Ms. Mayes even had her foot pinned under the heavy blocks, but she was so focused on comforting her students that she hardly noticed the pain. First responders soon followed the sound of life and dug them out. Amazingly, every single child in her small group survived that afternoon.

Just a few days later, those brave students stood together at a community church service and sang "Jesus Loves Me" once again.

Wayne Mayes's story reminds us that when scary storms come, we can fix our minds on God's love and sing His promises to keep our hearts in peace.

💬 Discussion Questions:

- Where was the Apostle Peter sleeping so deeply that an angel had to poke him to wake him up?
- What song did the children sing to create a mental shield in the dark bathroom?
- When you feel worried or scared at bedtime, what is one truth about God that can help you lay down in peace and sleep?

📖 Activity:

Have the children lie flat on the floor and pretend to be deeply asleep in a prison cell just like Peter. Make some loud, distracting noises, clap your hands, or drop a heavy book. They are not allowed to open their eyes, flinch, or move until you gently tap them on the side with a soft pillow (just like the angel did!). Talk about how God gives us such deep peace that the loud problems of the world do not have to wake up our fear!

Worry — Day 3



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Devotional Guide



🎧 Listen to
Scripture Song:



Today's Promise (#148) — KJV

Isaiah 26:3-4 "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength."

📖 Apply the Promise!

When a big worry tries to steal your joy, don't let your brain spin in circles! If you choose to keep your mind focused on God instead of the scary problem, He promises perfect peace!

📖 Bible Story (Isaiah 37)

King Hezekiah received a frightening letter from the king of Assyria. The message said that a powerful enemy army was coming against Jerusalem. The Assyrian king bragged about all the nations he had already conquered. He spoke proudly against the Lord, acting as if God could not save His people.

When Hezekiah read the letter, he had an important choice to make. He could have let worry take over his thoughts. He could have paced the palace, wondering what to do or trying to fix the problem all by himself. But Hezekiah knew exactly where to take his fear.

He walked straight into the temple and physically spread the letter out before God. He did not hide the problem or pretend it was small. He laid the whole trouble before the Lord and prayed. Hezekiah reminded himself that God ruled over the entire earth. The enemy army was strong, but God was much stronger.

When he finished praying, he left the letter in the temple, knowing he did not have to carry that heavy worry anymore. Because Hezekiah trusted God, his heart filled with peace. God heard his prayer and answered by sending just one single angel to stop the Assyrian army in the middle of the night. Jerusalem was completely saved without God's people ever needing to lift a sword.

Hezekiah's story reminds us that when worry brings frightening thoughts, we can take them straight to God. We can lay our troubles before Him, remember who He is, and trust Him to care for what we cannot fix ourselves.

🌟 True Story

In the late 1990s, when Jey Mbiro was a young boy living in Kenya, he received a serious letter from his school. The note said that if his family did not pay five dollars for his school fees, he would have to leave school. For Jey's family, five dollars was a large amount of money. They barely had enough for daily food, and they had no way to pay.

Jey walked home feeling sure that his education was over. He handed the letter to his mother. She had a choice to make. She could have let worry fill her mind. She could have paced the floor, wondering how they would ever find the money. The problem looked small to some people, but to Jey's family, it felt impossible.

Instead, Jey's mother took the problem to God. She laid the letter on her bed, bowed her head, and prayed. She did not know where the money would come from, but she knew God saw their need. Instead of only looking at what they did not have, she remembered that God was faithful. She gave the burden to the Lord and trusted Him to provide.

The very next morning, someone from a local church program came to their door with surprising news. A kind sponsor from far away had sent a special gift for Jey's family. The gift was exactly five dollars. Jey was able to pay his school fees and stay in class.

Jey Mbiro's story reminds us that when worry brings a problem we cannot fix, we can lay it before God. He sees our needs, hears our prayers, and knows how to provide in His own way.

💬 Discussion Questions:

- Instead of pacing the floor in worry, what did Hezekiah do with the terrible letter?
- What exact amount of money did the kind sponsor send so Jey could stay in school?
- When your mind starts spinning with a scary worry, how can you keep your mind "stayed" on God?

📖 Activity:

Show how focus brings peace! Have a child try to balance a small book on their head while looking all around the room at different "worries." The book will fall! Then, have them pick one spot on the wall (representing God) and keep their eyes "stayed" on it while they walk. They will be much steadier! Talk about how focusing on God keeps our minds balanced and peaceful.

Worry — Day 4



Precious Promises

Devotional Guide



Listen to
Scripture Song:



Today's Promise (#149) — KJV

Matthew 11:28–30 "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

♥ Apply the Promise!

When life feels heavy and you are exhausted from worry, Jesus invites you to come to Him. He will take your heavy burden and give you His peace.

Bible Story (Matthew 11:28-30)

Jesus looked at the crowds following Him and saw that many people were exhausted. Some were tired from working hard, but many were tired deep inside their hearts. They were trying to carry heavy burdens of worry, guilt, fear, and impossible expectations. Some religious leaders made following God feel like a heavy load instead of a joyful walk with a loving Father.

Jesus looked at these weary people with kindness. He knew they needed more than outward rest. They needed rest in their hearts. He did not tell them to try harder or carry more. Instead, He gave them an invitation. He said, "Come unto me, all ye that labour and are heavy laden, and I will give you rest."

Then Jesus said, "Take my yoke upon you, and learn of me." In Bible times, a yoke was a wooden frame placed over animals, such as oxen, so they could pull a load together. Jesus was not inviting people to carry their burdens alone. He was inviting them to come close to Him, learn from Him, and let Him help carry the weight.

Jesus said He is meek and lowly in heart. That means He is gentle, humble, and kind. He does not push away tired children who come to Him. His yoke is easy, and His burden is light. When we come to Him, He teaches us how to rest instead of trying to hold everything together alone.

Jesus's teaching reminds us that when worry makes our hearts feel tired, we can come to Him. We do not have to carry every fear by ourselves. We can walk beside Jesus, trust His love, and let Him give our souls rest.

True Story

Mary Finlayson was a mother who knew exactly what to do with heavy worries. Whenever her grown daughter, Mary Lou, called her on the phone feeling stressed or anxious about her busy life, Mary would gently tell her, "I will put it in the God Box."

Mary kept a special container in her home. Whenever someone in her family was facing a problem that felt too big to carry, Mary did not sit around and worry about it. Instead, she wrote the problem down on a tiny scrap of paper, folded it up, and dropped it into her God Box.

Placing the note inside meant she was officially handing that heavy burden over to Jesus. She took this very seriously. If her children tried to worry about the problem again, Mary would gently stop them and say, "If you think you can handle it better than God, I will take it out of the box!" That firm reminder helped her family stop fretting and start trusting the Lord. Every single slip of paper was proof that she had not carried those heavy loads alone.

When Mary passed away, her family made a beautiful discovery. They found ten different God Boxes hidden around her home. When they opened them, hundreds of tiny, folded notes tumbled out! They held twenty years of prayers and worries that Mary had faithfully handed to the Lord.

Mary Finlayson's story reminds us that when anxious thoughts feel too big to handle, we can write them down, drop them into God's strong hands, and walk away with a resting heart.

Discussion Questions:

- What wooden tool did Jesus talk about to show how He helps us pull our load side by side?
- What did Mary Finlayson tell her children she would do if they thought they could handle the problem better than God?
- When you feel exhausted from carrying a worry, what is one way you can give it to Jesus today?

Activity:

Fill a backpack with heavy books or rocks, each representing a specific worry. Have each child try to walk while wearing the heavy bag to feel how exhausting anxiety is. Then have a partner "help" by lifting the other side. Explain that Jesus helps us carry our burdens just like a friend helps carry something heavy.

Worry — Day 5



Precious Promises

Devotional Guide



🎧 Listen to
Scripture Song:



Today's Promise (#150) — NKJV

Philippians 4:6–7 "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

❤️ Apply the Promise!

Instead of worrying, talk to God about everything. When you thank Him and tell Him what you need, His peace will stand like a soldier guarding your heart.

📖 Bible Story (Matthew 26 & 27)

Jairus was an important leader in the synagogue, but one day his heart was filled with worry. His twelve-year-old daughter was very sick and close to death. Jairus hurried through the crowd to find Jesus, fell down at His feet, and begged Him to come to his house and heal his little girl.

Jesus went with him. But while they were walking, some messengers came from Jairus's house with heartbreaking news. They said, "Thy daughter is dead: why troublest thou the Master any further?" To Jairus, it may have felt as if all hope was gone. His heart may have sunk as he thought about his daughter and the home he was hurrying toward. He could not change the message he had just heard, but he could choose whether to keep following Jesus.

But Jesus heard what the men said. He looked at Jairus and told him, "Be not afraid, only believe." Jesus was asking Jairus to keep trusting Him, even when the news was painful and frightening.

Jairus kept walking with Jesus. When they arrived at the house, people were crying loudly. Jesus went into the little girl's room, took her by the hand, and gently said, "Damsel, I say unto thee, arise."

Immediately, the twelve-year-old girl stood up and began walking. The sorrow in that house turned into wonder and joy. Jairus's story reminds us that worry often grows when we listen only to frightening news. But Jesus invites us to keep walking with Him, keep trusting His love, and believe that He is still able to help.

☀️ True Story

In December 2011, a nine-year-old girl named Annabel Beam suffered from a painful stomach illness that medicine couldn't fix. She spent many days in the hospital, and the worry of being sick forever felt very heavy.

One afternoon, feeling a little better, she went outside to play. She and her sister climbed the giant cottonwood tree in their yard. Annabel climbed high up, but suddenly, the branch beneath her snapped. She tumbled backward and fell thirty feet down, headfirst, into the pitch-black center of the hollow tree trunk.

She was trapped at the very bottom. It was cold, tight, and completely dark. Usually, being stuck alone in a dark place is terrifying. It makes your heart race and makes you want to scream in panic. Outside, her parents and rescue workers were frantically trying to get her out.

But inside the tree, something amazing happened. Annabel prayed. Instead of crying, a quiet, wonderful peace wrapped around her. She later told her parents that she felt Jesus sitting right there with her. All her worry and fear completely vanished. She wasn't scared at all. She just sat perfectly still, feeling completely safe.

After five hours, firefighters finally pulled her out with a rope. She was safe! But the biggest surprise came later. Not only did Annabel survive the huge fall without a single broken bone, but her stomach stopped hurting entirely. She was completely healed. Annabel's story reminds us that even when we fall into scary situations, God is right there with us to take away our worry.

💬 Discussion Questions:

- What did Jesus say to Jairus when the men brought him the terrible news?
- How many hours was Annabel Beam trapped inside the dark, hollow cottonwood tree?
- What does it mean that God's peace "surpasses all understanding"? Have you ever felt peaceful even when a problem hadn't been fixed yet?

📖 Activity:

Take turns coming up with real or pretend situations that might make someone feel worried—like being late, losing something, or hearing loud thunder. After each one, everyone quickly acts out two responses: first a "worried reaction," then a calm, "trusting God" response! Talk about how Jesus would. He would choose peace, pray, and trust God. We can choose the same calm response with His help.