

YOU ARE WONDERFUL

By Mark and Helen Johnson



SING!

You Are Wonderful. Sing this song and have a go at making up some actions to these simple but powerful lyrics.

TRY THIS

Ask a member of your family to read [Philippians 4 v 4-7](#)



Cut some paper or card into the size of a playing card. On one side draw or write something that you feel anxious about. On the other side, draw or write a prayer and a thanksgiving to God to replace that anxious thought. In the coming week, **whenever you start to feel worried about it, find the card and physically turn it over**, praying about it and thanking God for His love and faithfulness.

WOW & WONDER

Take a moment to talk about the 'anxious' sides of your family's cards. Then **spend time praying for each other** and thanking God together.

TALK IT OVER

Read Philippians 4 v 4-9. Use these questions to help explore the passage:

-  What does God's peace feel like?
-  What do you think it means for God's peace to guard our hearts?
-  Why does the writer list what kinds of things we should deliberately think about?

REMEMBER THIS

Philippians 4 v 6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.