

Sunshine @Home



Children's Activities & Family Reflections
to support Faith Formation
during Social Distancing

A ministry of
First Presbyterian Church
Sterling, CO

facebook.com/fpc.sterling | www.firstpressterling.org

Don't Worry 'bout a Thing!

Follow the link and sing along! We're going to talk this week about what God says about worrying! Here are the words to the song:

Free like a bird in the big blue sky
Not a cloud or a care for a million miles
I won't worry ~ worry 'bout a thing
God loves me and he loved me first
He rescued me when I was in a lurch
And I won't worry ~ worry 'bout a thing
To the left I'll fly, fly, fly,
To the right I'll glide, glide, glide,
And I won't worry ~ worry 'bout a thing
Gonne swoop down low, low, low,
And I'll soar up high, high, high
Ooh and I won't worry, worry 'bout a thing
Free like a bird in the big blue sky
Not a cloud or a care for a million miles
I won't worry, worry 'bout a thing
God loves me and he loved me first
He rescued me when I was in a lurch
And I won't worry, worry 'bout a thing
To the left I'll fly, fly, fly
To the right I'll glide, glide, glide
And I won't worry, worry 'bout a thing
Gonne swoop down low, low, low
And I'll soar up high, high, high
Ooh and I won't worry, worry 'bout a thing



What are some things that you worry about? List three things below:

1. _____
2. _____
3. _____

What are some things that you can do instead of worry?

- ✓ Pray and ask God to help you with your worries
- ✓ Talk to an adult about your worries
- ✓ Write your worries down and then throw them away!

This is what Jesus said about worrying:

"Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food and the body more than clothes! Consider the birds: they do not sow or reap, they have no storeroom or barn; yet God feeds them! And how much more valuable you are than the birds!

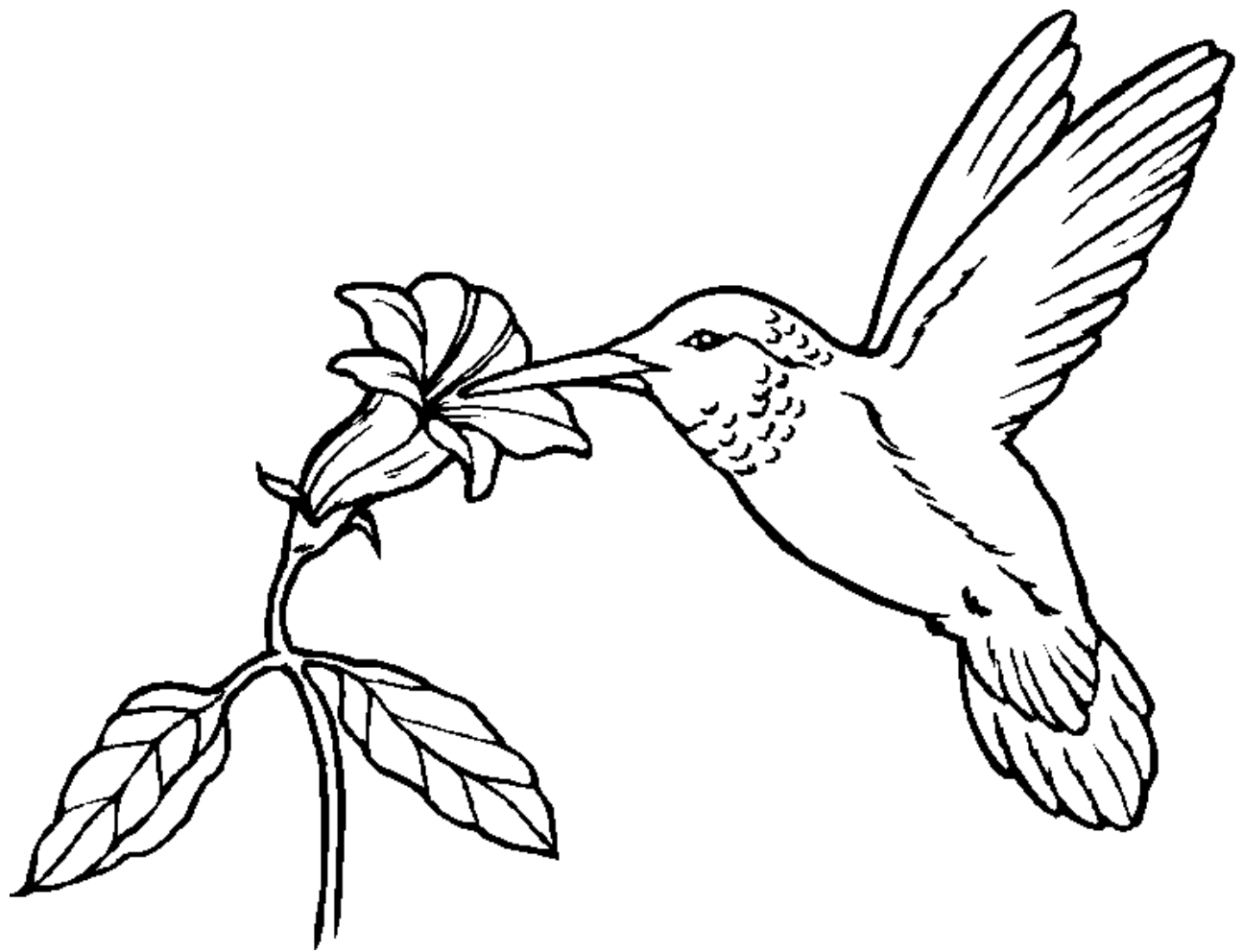
Who of you by worrying can add a single hour to your life?" Luke 12:22-25

How does God provide for you? Write below some of the things that God provides for you and your family so that you don't have to worry:

God gives me _____ when I am hungry

When I am cold, God provides _____

When I am frightened God comforts me with these people that love me: _____



A hummingbird is the smallest bird in all of God's creation! Here are some fun facts about this tiny creature that God created:

- *God provides everything that the little hummingbird needs by providing flowers with sweet nectar to nourish its tiny little body!*
- *A hummingbird eats 5-8 times per hour and must consume $\frac{1}{2}$ of its weight each day in sugar!*
- *Hummingbirds are the only bird that can fly backwards!*
- *The average hummingbird weighs less than a nickel!*

