GENESIS TO REVELATION | LETTER LESSON

Bringing Worries to God

Philippians 4:4-9



YOUR BIBLE READING

Worries can be brought honestly to God while we receive support and practice what is true and good.

Inside: two extended reading pages, a thoughtful reflection, creative activities and a grown-up guide.

AGES 6-10 WITH AN ADULT • 6 COLORFUL A4 PAGES • ENGLISH ONLY

EXTENDED ENGLISH READING • PAGE 1 OF 2

Joy and Gentleness beside Worry

Philippians 4:4-9



In his letter to the Philippians, Paul calls the believers to rejoice in the Lord. He repeats the encouragement, then asks that their gentleness be known to everyone. Joy and gentleness belong together in the teaching. The community is not being invited to boast about its own strength. Its direction is toward the Lord, whose nearness is named as a reason for trust. The words are encouragement within a letter, not a report that every listener already felt happy.

Paul then addresses anxiety. Instead of carrying every concern alone, the believers are to bring their requests to God through prayer, petition, and thanksgiving. A petition is an honest request for something needed. Prayer does not require a person to pretend they have no worry before speaking. The passage gives the concern somewhere to be brought. Gratitude can be present beside that request without turning the difficulty into something the person must call pleasant.

The letter promises God's peace, greater than full human understanding, guarding hearts and minds in Christ Jesus. Guarding is a picture of protection and care. The focus is not on winning a contest to produce calm feelings instantly. Paul is directing people toward the peace of God as they turn to him. The statement offers hope within their relationship with Christ, rather than a list of steps that allows them to control every outcome.

For a present-day example, a child worried about a medical appointment could pray honestly and thank God for a caring adult beside them. The child could also ask the adult to explain what will happen. This is an illustration, not a scene in Philippians. Prayer and practical support can share the same moment. The worry does not need to be hidden, and its continuing presence does not make the request or the person's faith worthless.

Remember: Prayer makes room for honest requests, gratitude, and the care we need.

EXTENDED ENGLISH READING • PAGE 2 OF 2

What We Attend to and Practice

Philippians 4:4-9



Paul next directs the believers' attention toward what is true, honorable, just, pure, lovely, and worthy of a good report. They are to consider what is excellent and deserving of praise. This is guidance for what the mind receives and returns to. It is not permission to ignore a real problem because thinking about it feels unpleasant. Truth appears first in the list. A hopeful thought should remain truthful, rather than become an invented guarantee that nothing difficult can happen.

What we attend to can influence the way we respond. For an example today, repeatedly reading a cruel message may make it harder to see anything beyond its hurt. A safe adult can help preserve necessary evidence, report the harm, and step away from repeated exposure. Remembering truthful support and a practical plan may then help. The example does not make the message acceptable; it shows how attention can be guided without covering up what happened.

The teaching also moves from thinking to practice. The believers are to do what they learned, received, heard, and saw through Paul's instruction and example. A collection of admired words is not the whole goal. Gentleness can become a careful response; a concern can become an honest prayer; an honorable idea can become an appropriate action. The promised presence of the God of peace belongs beside this lived practice, not only beside a moment of private reflection.

Together, the passage connects rejoicing in the Lord, visible gentleness, requests with thanksgiving, God's peace, thoughtful attention, and faithful action. These themes support a community rather than isolating one anxious person as a failure. Paul's words invite a direction of life that can be learned with others. They give reasons to bring concerns openly, attend to what is good and true, and keep practicing a caring response while receiving the help that is available.

Pause and think: What worry could you share with God and a trusted adult, alongside one truthful source of support?

THINK, NOTICE & GROW

Bring the Worry into the Open



If a worry keeps returning, tell a trusted adult. You can describe it plainly or draw what it feels like. You do not need to wait until you are calm enough to ask for help. Prayer can include exactly the concern you are carrying. Persistent anxiety is not proof of weak faith, and adults can help find appropriate practical or professional support when a child needs more care.

Thanksgiving can be specific and gentle. You might be grateful for someone listening, a place to rest, or one piece of useful information. Gratitude does not require thanking God for harm or pretending everything is easy. It can sit beside a request. The passage invites prayer with thanksgiving without giving us a reason to silence the truthful words of a person who remains frightened.

Choose one true and good thing to attend to today. Perhaps it is a person who can help or an appropriate next action. With guidance, practice that action instead of demanding an instant change in every feeling. Peace is not a performance for other people to judge. The letter directs us toward God and a community where concerns can be met with care.

A SMALL STEP FOR TODAY

Paul encourages honest prayer, thoughtful attention, and gentle practice while trusting the care of the God of peace.

What worry could you share with God and a trusted adult, alongside one truthful source of support?

Read, Remember & Create

Name: _____ Date: _____

1 Think about the reading

1. How does Paul invite believers to bring concerns to God?

2. Does continuing anxiety prove that someone has failed in faith?

2 Put the ideas in order

Write 1, 2 and 3 for the order these ideas appear in the reading.

- ☐ Bring concerns through prayer and thanksgiving.
- ☐ Attend to what is true and good and put it into practice.
- ☐ Turn toward the Lord with gentleness.

3 Draw a meaningful picture

Draw a page with spaces for a worry, a trusted helper, a thankful thought, and one manageable next step.

Tell someone how your picture connects to the reading.

Read & Grow Together

Read and learn with context

This English edition is designed for ages 6-10 with an adult. Read both extended readings together, or enjoy one each day. Pause at unfamiliar words, invite questions and use the reflection page to connect the story with everyday life. These are retellings and lessons with explanations; read the listed Bible passage for context. Poetry, parables, letters and symbolic visions are identified by type.

Remember this

Prayer makes room for honest requests, gratitude, and the care we need.
Original memory thought, not a direct Bible quotation. Related passage: Philippians 4:4-9

A thoughtful conversation

Treat these instructions as encouragement, not a test of whether anxiety disappears. Persistent worry does not prove weak faith. Encourage trusted adult and qualified support when needed. Gratitude should never silence reports of harm, and attention to good things must remain truthful rather than replacing practical protection or promising a particular outcome.

Activity answers

1. Through prayer and honest requests, with thanksgiving.
2. No; people may need ongoing care and practical support while praying honestly.
Sequence boxes, top to bottom: 2, 3, 1. Personal responses and drawings will vary.

Optional prayer

God, hear our worries and help us receive care, notice truth, and take a gentle next step. Amen.

Print and share

Each pack has 6 pages. Print on A4 at Actual Size (100%). The worksheet is page 5. You may print just that page, or use the separate 150-page activity book. The collection contains 150 packs in Bible book order, 15 volumes and one ZIP. Catalog pack IDs stay the same when new readings are added.

Sources and sharing

English retellings, lessons, reflections and activities by DigiPick (2026), based on Philippians 4:4-9. Source checked with the public-domain World English Bible. Illustration: original symbolic vector artwork by DigiPick.store; a learning aid, not an additional Bible event.
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