



# Saul Makes a Big Mistake

1 Samuel 13:1-14



**Bible Point:** Give your worries to God.



**Key Verse:** "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

Use the following activities to further the application of this week's lesson in the lives of your family members.

## Discussion Starters

### Preschoolers

- What makes you worried?
- How can God help you not to worry?

### Elementary Students

- What are your greatest worries?
- How does it feel when your worries get too big? How might God be able to help you deal with your worries?

### Youth

- Tell me what you're worried about the most.
- How can God help you with your worries?

## Talk Topics

- Ask each family member to share worries that they have. Make sure people are treated with respect as they share. Then pray for each person about these worries.
- Talk about the wonderful attributes of God. For example, God is loving, faithful, trustworthy, all-powerful, ever-present, wise, and a close friend. Then talk about how we can focus on God and God's attributes as a remedy for worry.
- Ask family members to list the things they are thankful for before each meal. Challenge them to train their minds to focus on the positive by being thankful, even in difficult circumstances.

## Through the Week

Use the following passages to explore additional biblical insights on how to handle worry in a positive way.

Monday—1 Peter 5:7

Tuesday—John 14:1

Wednesday—Isaiah 26:3

Thursday—Matthew 6:25-26

Friday—Colossians 3:15

Saturday—Matthew 6:33-34

## Daily Challenge®

- Each time you feel worried, write it down. Look over your list and pray over it both at the end of your day and the beginning of each new day. Watch how God answers.
- Reflect on times you've been worried or anxious and God provided. Thank God for those times, and invite him into any worries you might be carrying around right now.
- Help out a friend who's struggling or worried. Invite him or her over for a meal or coffee. Let him or her know that God is there to help.
- For a designated period (perhaps a month), go on a "God hunt" with your family. Have family members look for signs of God's care and activity and report back what they see and experience each day. The more aware they are of God's presence, the more they'll trust God.