

# INTRO

Throw away your cares!

## DESCRIPTION

### EQUIPMENT:

- A rock for each tween
- Permanent markers
- A garbage bag

### INSTRUCTIONS:

1. Read Philippians 4:6 together with the tweens and have a short discussion about it.
2. Pass out a rock and a marker to each tween.
3. Each tween writes, without anyone being able to read it, what they are anxious about (or a general worry) and their name on the rock and put it in the bag. It is important to mention that they don't need to tell or show what they have written on the rock.
4. All the rocks are put into the garbage bag.
5. One of the tweens tries to pick up the bag and sees how heavy it is.
6. Read 1 Peter 5:7 together with the tweens and have a short discussion about it.
7. The mentor passes out the stones to the tweens again.
8. "Cast it on the Lord" Each tween throws their rock in the water.
9. One of the tweens tries to pick up the bag again. It is much lighter.
10. One mentor explains that now we don't know exactly where the stone is, but when we cast our cares on the Lord, he takes care of it and us.

### NOTES TO MENTORS:

This is an important theme in regards to things we don't have control over. To cast our cares on the Lord means that I trust that he will take care of my problem. Then I have to let it stay there and not take it upon myself again. It can be concerns about the future, or for situations you meet. People typically worry about lots of things, but Jesus can help so that we get peace and rest. You may have done something stupid, asked for forgiveness, and set things right. And then you have to trust in God's goodness to forgive you – He wants to show you mercy and grace.

An example for the tweens could be: A bad conscience makes us feel sad, like we can't look forward to the future. Pray to Jesus to forgive you, and he will! Then he will also take the burden from you. And there's one more important thing: If there's anything wrong you've done towards anyone, maybe something mean or something you know is wrong, you can also ask them for forgiveness. Then you can have a happy heart again, and trust completely that Jesus cares for you.

AB 442:  
*"Jesus, my brother, is here at my side."*

WOTL 197:  
*"Blessed freedom from all care and sorrow!"*

AB 630:  
*"He can comfort each sorrowing soul."*