



Welcome back Lockdown Lookouts...

Have you kept going running the race with Jesus this week? I hope you've been able to. Keep your eyes fixed on the goal of being with him one day.

But I am not finding it easy. So many other things fill my mind, especially at the moment things which are worrying me. I find it hard to fix my eyes on Jesus when my mind is full of worries! What will the Prison Governor say - am I for the lions or not? The Apostle Paul says something about not worrying though.

Can you help me understand the next part of his letter to the Philippians?

Yours

Jail Bird Joe

Opening Prayer

'Dear Heavenly Father, help us to know you better as we read from the Bible now, and to love Jesus more. Amen.'

Challenge

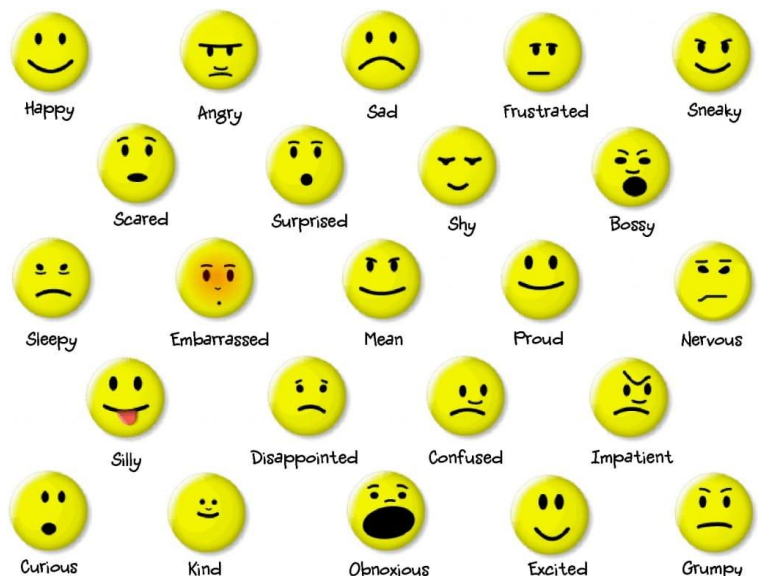
Emotions Pictionary

Play in pairs or two teams. Take it in turns to pick an emotion from the list below and try to draw it for the other person who has to guess which emotion you are drawing. If the pictures help you, feel free to copy them.

If you want to challenge yourself - draw the emotion on the other person's back with your finger - can they work it out?

If you want it a little easier, draw it on a piece of paper - can they get it?

Are you feeling any of these feelings now?



Today, we are going to see what the Apostle Paul says about the race that all Jesus' followers are in!

Read Philippians 4:4-6

Always be full of joy in the Lord. I say it again—rejoice! 5 Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Chat it through

- **What different feelings have you felt today?**
 - It might be happiness, sadness, worry, excitement, boredom...
- **Paul was in a difficult situation (in prison). But what does he say we should be? (v4)**
 - Full of joy in the Lord. That is different than being happy all the time. Something in life don't make us happy. In fact they make us sad. But joy is deeper than happiness. It is a good feeling which comes from knowing Jesus loves us, has died for us and is with us, whatever happens.
- **When we are in a difficult situation, we can often get angry. What are we called to be instead? (v5)**
 - Kind. Not just seeking to think about ourselves. Seeking to understand how others are feeling. Jesus is coming soon - he will bring all the bad things to an end.
- **When things are difficult we often worry. But what does Paul say to do? (v6)**
 - Rather than worrying, we should tell God about it! It doesn't matter if it seems too big or too small for God, or too silly - we can pray to him about it all! We can tell him the problem and ask for his help.
- **What should we also do when we pray about our worries?**
 - Say thank you to God. When we worry we often forget to do this.
- **What is the wonderful promise of God?**
 - That God will keep our hearts trusting him, and being sure that in Jesus he loves us, and has a good plan for us, and will not leave us. That helps bring peace rather than worries.
- **How can you help each other remember these things next time things are difficult?**

Pray it through

We are going to build our craft and our prayers together today. Sometimes people have 'worry boxes' - where they write down things which they are worried about, to feel better about them. Wonderfully Christians can go further - we can tell those things to our loving Father in Heaven!

You can find a posher version [here](#) to give you an idea.

- 1) Take a box (not too big) which has a lid (it could be a tub you don't need, a shoe box, or simply a cardboard packaging box which you have cut along one of the big sides to allow it to flap up)
- 2) Decorate it how you like! You might want to write out our verse and colour it and stick it on the front.

'Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.' Philippians 4:6

- 3) Inside the lid you might want to write something like *'When your heart starts to worry and your mind just cannot rest, put your prayers down on paper and let God do the rest'*
- 4) Cut up some pieces of paper, and put them inside with a pencil or pen.
- 5) When feel worried about something, write it down on the piece of paper and put it in the box. As you do, tell your Father in heaven about how you are feeling, what you are worrying about, and how you need his help.

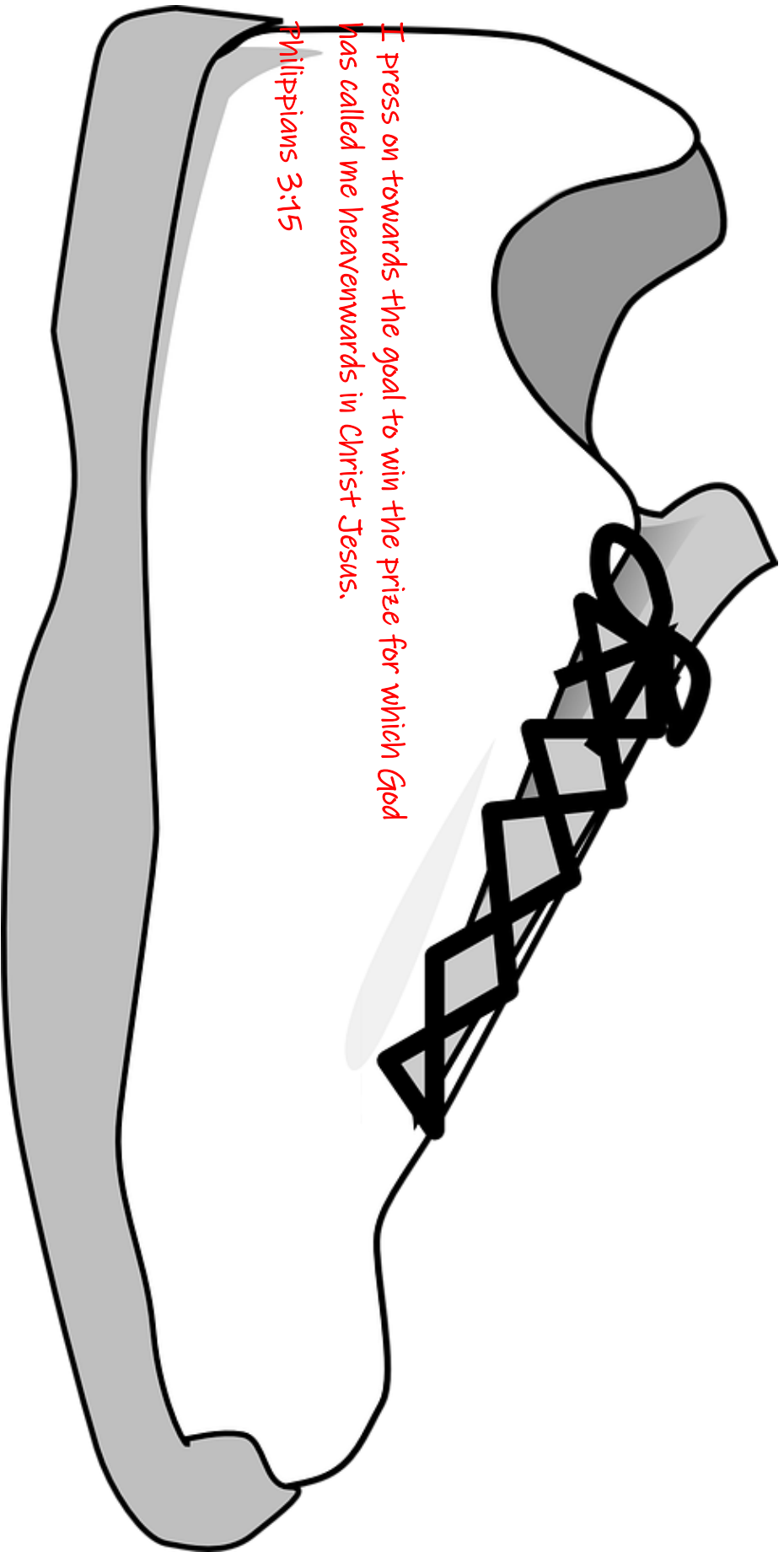
For our prayers today - why not each of you have a go - and pray about the different things you have written.

NOW un pause the video on YouTube to continue...

Craft

If the box isn't enough why not do this **Colouring Sheet** - click on [this link](#) to find a colouring sheet of our verse today

2) Running Shoe – Print out this shoe (or trace over it). If possible stick it to some card to make it stronger. Get some wool or string and thread it through where the laces are to act as 3D laces. Colour in your own trainer design!



I press on towards the goal to win the prize for which God
has called me heavenwards in Christ Jesus.

Philippians 3:15