

### Theme:

Take your problems to God

### Object:

A doctor's bag, or mechanic, repairman bag.

### Scripture:

1 Peter 5:6-7

Ask a few questions this morning! Who do you turn too when you are sick? I guess you first turn to your mom or dad. But eventually you turn to a doctor. What will your doctor do? (Your doctor checks you out, takes your temperature, looks inside your mouth, checks your heart and he might do some other stuff to find what is wrong with you). Who do you turn too if your bathroom shower or sink is broken? You call a plumber. They come to your house look at the bathroom sink or shower and find the problem. "Oh, there is a toy in the toilet". Who do you turn to when your TV is not working? An electrician or TV repair person.

So, the first thing you must do when you have a problem is know who to turn too. Who do you turn to when your car is broken? Do you go to a plumber? Or a hairdresser? No, you go to a car mechanic. Who do you turn to when you have a personal problem, like when you feel sad, confused, or lonely? One place to turn to is God. As Christians we have the gift of being able to turn our problems over to God.

I want to tell you something...you must know that whenever you feel sad, confused, lonely or other feelings like that, you can always start by telling your troubles to your parents. Parents are always a great source of comfort and someone you can trust. But I want you to know that you also have God to turn too. God will listen to your worries and he may even help you with them. But you need to turn them over to him. God can help!

Today's bible verse is: 1 Peter 5:6-7 "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you." Do you have any worries or are you sad about something right now? If so let's take them to God in prayer right now.

God, we thank you for letting us bring all the things that worry us to you knowing that you will hear our prayers and care for us. Amen.