

Bring our worries to Jesus

Start any week / About 20-30 minutes together / Adapt to your household

Read together: Mark 4:35-41

The disciples bring their fear to Jesus in the storm. We can pray honestly when we are worried, too. Prayer is not a promise that every problem will disappear immediately. God's care can reach us through trusted people and practical help. In this activity, no one has to share a private worry with the group.

Talk together

Who are trusted adults we can ask for help?

What words could we use when we do not know how to explain a worry?

What is one kind response when someone says they are afraid?

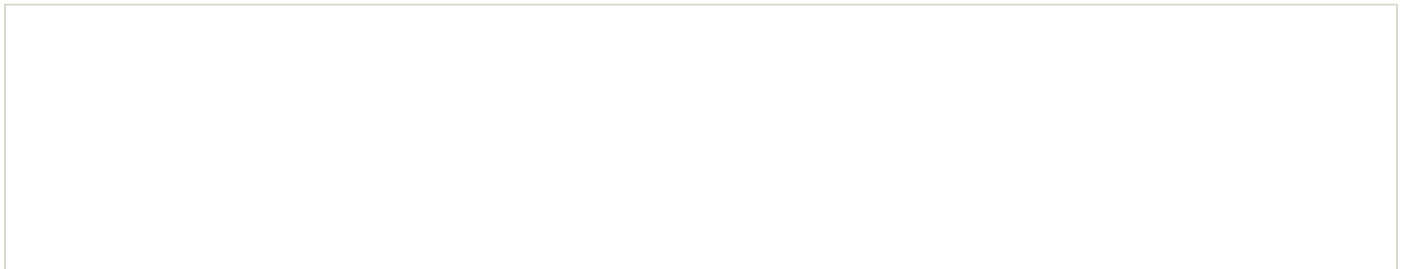
Make or do: A circle of support

You will need: Paper and colored pencils. Keep personal details on your own copy.

1. Draw a circle with "People who help" in the middle. Add trusted adult roles, such as a parent, teacher or parish leader.
2. Around it, add helpful actions: tell a trusted adult, ask a question, take a pause or pray.
3. Practice saying "I need help with something." Use a made-up example rather than asking for private disclosures.

Read the Bible passage at bible.usccb.org. Scripture text is not reproduced. Sharing aloud is always optional.

A thought, sketch or idea from our activity



Our week of small beginnings

Dates: _____ / Choose the pace that fits your family.

- ☐ **Day 1: Read the storm story.**
- ☐ **Day 2: Name trusted adult roles.**
- ☐ **Day 3: Make the circle of support.**
- ☐ **Day 4: Practice asking for help.**
- ☐ **Day 5: Offer someone encouragement.**
- ☐ **Day 6: Pray a short honest prayer.**
- ☐ **Day 7: Choose a helpful action to remember.**

Make room for different ages

Ages 4-7: Practice finding a familiar trusted adult and saying a short sentence asking for help.

Ages 8-12 and older: Discuss why a secret about being hurt or unsafe should be shared with a trusted adult, even if someone asks you not to tell.

Put love into practice

Offer gentle company to someone facing a change. Ask what support would be welcome and respect their answer.

Pray together

Jesus, stay close to us in our worries. Help us ask for support, listen with kindness and take the next good step. Amen.

A moment we want to remember
